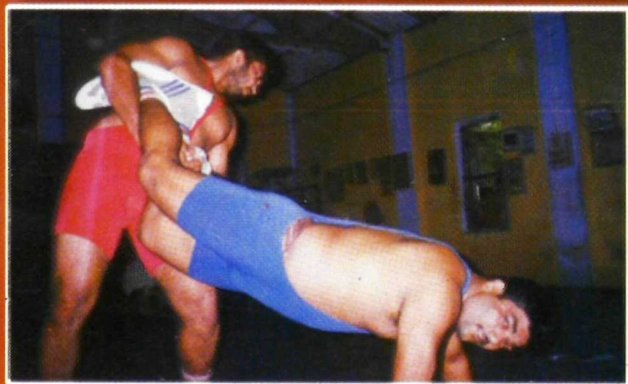
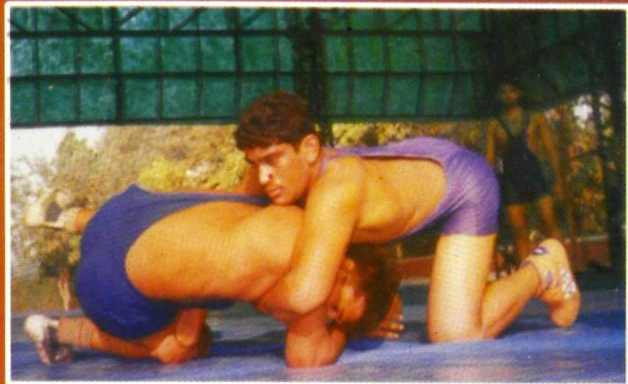
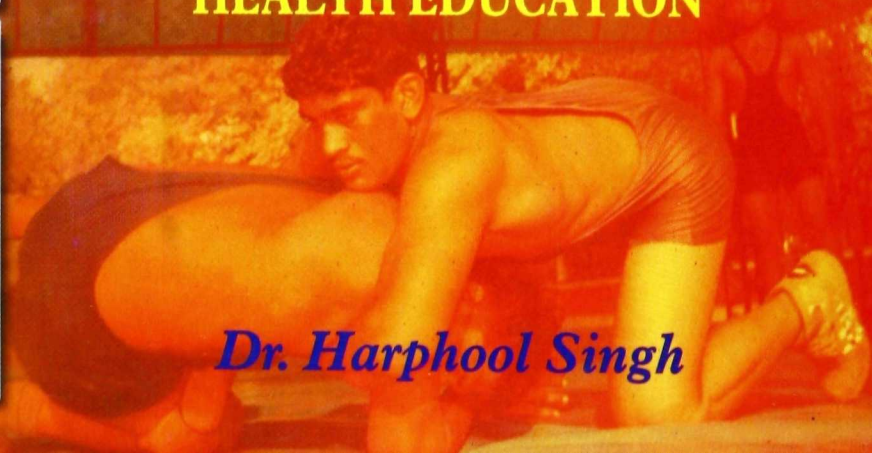




Encyclopaedia of WRESTLING

**TECHNIQUES, EXERCISES,
FITNESS AND
HEALTH EDUCATION**

Dr. Harphool Singh



ENCYCLOPAEDIA OF WRESTLING

Dr. Harphool Singh

Ex- Chief Wrestling Coach
(Delhi Admn.)

2001

**DISCOVERY PUBLISHING HOUSE
NEW DELHI-110 002**

DISCOVERY PUBLISHING HOUSE

4831/24, Ansari Road, Prahlad Street,

Darya Ganj, New Delhi-110002 (India)

Phone: 3279245 • Fax: 91-11-3253475

Encyclopaedia of Wrestling

Edition 2001

ISBN 81-7141-622-5

© Dr. Harphool Singh, 2001

PRINTED IN INDIA

Published by Discovery Publishing House, New Delhi and Printed at Tarun Offset Printers, Delhi.

CONTENTS

<i>Foreword</i>	<i>iii</i>
<i>Preface</i>	<i>v</i>
<i>Contents</i>	<i>vii</i>
Chapter First — Health for lay people	1
Chapter Second — Stances & and face to face hold & counters	124
Chapter Third — Controls, Breakdowns & Rides & counters	160
Chapter Fourth — International Pinning holds from face to face counters	177
Chapter Fifth — International Pinning holds from face to face counters	209
Chapter Sixth — International Pinning holds Korn upward in sitting position & counters	231
Chapter Seventh — International escapes from standing & sitting position & counters	267
Chapter Eighth — International holds from underneath positions & counters	279
Chapter Ninth — International & Miscellaneous holds	293
Chapter Tenth	312
PART A COACHING CAMP & ORGANIZATION OF A TOURNAMENT	
PART B INTERNATIONAL WRESTLING RULES (FREE STYLE & GRECO-ROMAN)	
Competitions and Programmes	324
Material Structure	326
Officials	330
Competition Procedure	335
The Bout	338
Points for Actions and Holds	341
Classification Points Awarded After A Bout	344
Passivity	346
Prohibitions and Illegal Holds	350
The Protest	353
International Rules Specific to Women's Wrestling	354
Interpretation of Wrestling Rules	355
Basic Vocabulary	356
International Wrestling Rules (Oriental Style)	361
FIWA Memorandum	362
Wrestling Technique Drills	377
<i>Glossary</i>	<i>396</i>

VORWORT

Ringen ist nicht nur eine der ältesten Sportarten des Menschen überhaupt sondern auch durch die klaren Regeln ein klares Beispiel für eine faire sportliche Auseinandersetzung im Wettkampf. Diese Erfahrung konnte ich durch Betreuung von Weltklasserängern bei zahlreichen Meisterschaften, darunter 13 Olympischen Sommerspielen, immer wieder machen. Von Seiten der Sportmedizin liegt der besondere Wert des Ringsports in der vielseitigen psychosomatischen Ausbildung der Ringer und der relativ geringen Verletzungsgefahr. Dies trägt auch dazu bei, daß Ringen, wie gerade das Durchschnittsalter der Weltklasseringer zeigt, sehr lange betrieben werden kann. Nicht zuletzt liegt ein besonderer Wert des Ringsports in der mit dem sportlichen Training verbundenen Erziehung zu einer wirkungsvollen Selbstverteidigung, der gerade heute ein besonderer Wert zukommt.



*Dr. Ludwig Prokop,
Member IOC, (Austria)*

Ich wünsche diesem von einem international erfahrenen und anerkannten Fachmann Buch mit jahrzehntelanger eigener Erfahrung geschriebenen Buch zum Wohl besonders der sporttreibenden Jugend die entsprechende Verbreitung

Univ. Prof. med. Dr. phil. Dr. rer. nat. Ludwig Prokop, Member I.O.C. Med. Commission
Pastpresident Internat. Fed. of Sportsmedicine.

FOREWORD

I am happy to look the English Edition of Encyclopaedia of Wrestling an International Standard large wrestling book written by our International Wrestling coach Dr. Harphool Singh on the occasion of the Sydney Olympic 2000 as the Hindi Edition of the same is being published side by side as he have written many books before this publication. This edition has created an unprecedented uproar, as never before such a comprehensive book was written with a professional, scientific and systematic basis. His previous book Modern Wrestling won many awards in India and abroad is practical as he produced many National and International junior as well as senior wrestlers as a coach.

The need of this large scale book in English has been long left which is the largest book of the world. I am sure that English edition of the book will fill up this gap. The writer has touched various topics in a systematic way, divided into chapters and sub-chapters viz. Health for lay people. How to become a Olympian Wrestler? Practice, automatic exercises, Balanced diet, proper rest, recreational games, National International competitions, world and Olympic history of wrestling, various types of combats of the world, warming up, weight control, injuries in wrestling, recreational games, 500 International holds and counters of free style holds drill, Greco-Roman and Oriental Style Wrestling of men and women. Moreover a complete rules book of International Wrestling copy of FILA and FIWA (Oriental Style) has been attached with the same. Thus no doubt, the book will work as a guide for the wrestlers as well as coaches and lay people also to develop their fitness and health which fully explains all aspects of the wrestling topics by topic.

I hope this book will prove useful for the world wrestlers and coaches as well as the lay people.

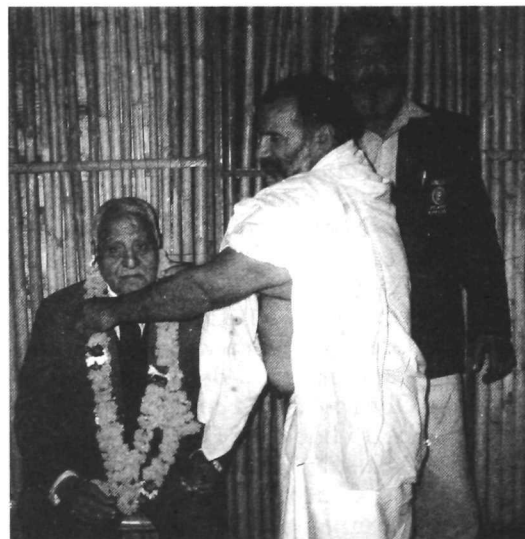


Fig.: 1 Acharya Vijaypay Shastri
Gen. Secretary wrestling Asso of India welcoming
Mr. Pratap Chand Dewan

Pratap Chand Dewan
Ex-Secretary General
Wrestling Federation of India

PREFACE

The ENCYCLOPAEDIA OF WRESTLING is a revised edition of my previous book Modern Wrestling (Adhunik Mallyuddh) as I have received the National reward and appreciation letter from Hon'ble Mr. Milan Ercegan the FILA President during Atlanta 1996 I rember that sometimes I felt asleem at night by hardwork as sometimes, I took a sound sleep on the chair during writing. The matter the book have been extended up to 416 pages from 273, pasting new photographs, with the up-to-date International Wrestling Rules booklet of FILA & FIWA (newly formed body). As the book contains the topics such as; Health for lay people-health and fitness, How to become an Olympian Wrestler? Practice-Natural and Scientific Exercises, Balance Diet, Proper Rest, Competitions, National and International Wrestling, World History of Wrestling and various types of combats of the globe, Automatic Exercises for the wrestlers and recreational games, reducing fatness, weight control, warming up and cooling down, injuries of wrestling 500 National and International holds of Free Style, Greco-Roman and Oriental Style Wrestling, holds drill, immetation, Psychology and career of the wrestlers and so on. Thus lastly on the occasion of Sydney Olympic 2000 I could prepared this encyclopaedia of wrestling after writing some 15 books of Hindi & English such as: 1. Kushti Ke Daav Pench, 2. Free Style Kushti, 3. Pahalwan Kaise Banen?, 4. Judo, 5. Yogasan, 6. Adhunik Mallyuddh, 7. Chatpate Chutkale, 8. Modern Wrestling, 9. Panch Mahayagya (Pooja), 10. International Wrestling Rules (Oriental Style), 11. Memorandum of FIWA, 12. History of Olympic Wrestling, 13, 14, 15. and aforesaid 3 books in Hindi too.

In starting I was afraid of writing English and was hesitating thinking how I will plant my ideas in English but slowly & steadily the practice of my writing made me habitual to convert my expression in English and thus the flow of pen became natural and soft to write English matter. I admit that neither am I a scholar nor a writer as the grammatical as well as appropriate wording mistakes are possible in my language but my motto is to express my ideas for the health and wrestling topics for the readers through my subject matter as an audio visual film with sound also have been prepared by me to develop oriental style wrestling in the world. Moreover, the publisher also compelled me to prepare English manuscript who promised to publish it before Sydney Olympic Games 15 September, 2000.

I am highly obliged to Hon'ble President FILA—Mr. Milan Ercegan who has always been encouraging me to write and to do something in the field of wrestling. Nextly I am thankful to Late Dr. S. A. Pisolkar the founder of WFI, Mr. Pratap Chand Dewan Ex. General Secretary—WFI and I am thankful enough to the Press Reporters also who admitted my skill—Late Sh. Sushil Jain, Mr. Manoj Joshi, Mr. Yog Raj Thani and his son Mr. Lokesh Thani, Mr. Ajay Bhalla, Mr. Rajender Sajwan, Mr. Kishore Nathani, Mr. Vijay Sharma, Chaudhary Jagat Singh, Dr. S.P. Sharma, Mr. Mahesh Tyagi, all wrestling coaches of Chhatrasal Stadium, Ramdhan Pahalwan, Bhagat Singh Pahalwan, Bhim, Mahender Singh, Mr. & Mrs. Yudhaveer Chauhan. All friends and pupils like Deepak Manro Naresh Chand, Rajendar etc. for possible help. Moreover, I can not forget the top most Olympian of the Era Mr. Medved Alexandra (USSR) who inspired me to prepare a fine book containing much more photographs. Thus I am grateful also to the Wrestling Federation of—Sweden, U.S.A., Austria, Canada, Germany, USSR, Pakistan, Bangladesh, Nepal, Czechoslovakia, Malta etc. for sending good wishes and photographs for the said book. Moreover I am thankful to all those persons who helped me in connection with this book whose names either I could not write or I have forgotten.

I hope this book will prove useful for the world wrestlers, referees, coaches, health lovers, and lay people whose valuable suggestions are always awaited.



Fig.: 2 Author

Dr. Harphool Singh
International Wrestling Coach

INDEX

CHAPTER FIRST

1. How to/become a wrestler ?
2. World history of wrestling ?
3. Various types of combats.
4. Indian History of Wrestling.
5. Free style and Greco-Roman wrestling and brief rules.
6. Useful exercises for the wrestlers.
7. Useful P.T. exercises for the wrestlers.
8. Injuries in wrestling.
9. Useful recreational games for the wrestlers.
10. Weight control.
11. Warming up.
12. Free Style and Greco-Roman, Wrestling International 500 holds and the counters.

CHAPTER SECOND

Various types of stances. Tie up referees positions plus the counters. Conditioning exercises for application of holds.

Ideal, square, Hanuman and many types of sitting stances. Various types of standing and sitting grips, leg tackles and arm drags, under arm sweeps, shoulder pulls, fingers wrist locks, drives, leg picks, head drags, arm drags, arm holds, wrist grips, standing switches, short switches, Ankle picks, head drags, short lift, saltos, turning neck lever body press etc. International holds and the counters.

CHAPTER THIRD

Controls, Breakdowns and rides of International standard holds including the counters, conditioning exercises for application of holds.

Sitting grips, standing and sitting rides, scissors, grind mills, step over, hook rides, hand bars, belly scissor, cross body rides, cross face bars, standing guillotine etc.

International holds and the counters given in the book.

CHAPTER FOURTH

Pinning holds of International standard from face to face positions and the counters, conditioning exercises for application of holds.

Leg variations, duck unders, cross buttocks, arm hook holds, fire mans currys, leg pick, neck drags leg trips, inner outer leg bars and other leg bars, leg picks, leg bars, saltos, flying mares, blind hold, tiet grip, backward spin, front snap etc. International holds and the counters given in the book.

CHAPTER FIFTH

International standard pinning holds from face to face positions and the counters.

Ankle squeezes, ankle knot, leg hit, combine holds, back falls, backslip, forward snap, tiet throw, backward spin, sitting lifts, neck lever body press, leg picks, single pulls double thigh tackle, leg split, thigh snaps, thigh pulls, ankle tackles.

Standing sarothas, power hold, leg craddles, cross hips, kabootar band, rakabi, turning Nelsons etc. International holds and the counters.

CHAPTER SIXTH

International standard pinning holds from upward in sitting positions and the counters, conditioning exercises for application of holds.

Various arm locks, Nelsons, floating holds, sarothas, 3/4 Nelson, Bharandaj, suck buck, Rolling throw, cross arm hook and half Nelson, cross arm-hook, lifts, cross arm and Nelson, Double Nelson, double trouble, lower duck under, konde, arm hooks, cross wheels, neck arm grip, arm lock and far side crotchs, Rolling turn etc. International holds and the counters given in the book.

CHAPTER SEVENTH

International standard escapes from standing and sitting positions and counters. Conditioning exercises for application of holds.

Peeling hands, sitting sit-outs, standing and sitting switches, step overs, side turns, standing turn outs, head lever roll, free hold etc. International holds and the counters given in the book.

CHAPTER EIGHTH

International standard pinning holds from underneath position to the upward rider and the counters. Conditioning exercises for application of holds.

Standing and sitting leg grapines, head lever, far side roll, back spin, side swing, leg tackle, back stack, leg craddle, colundun, side swing, reverse fire mans curry, scissors, opposite lock roll, leg bar and turn, turn out, head roll, grapine, upside roll etc.. International holds and the counters given in the book.

CHAPTER NINTH

Face to face from underneath to upward, from upward to underneath, the pinning international standard holds and the counters given in the book.

Double leg tackle, double leg pick, dummy hold, back hit, neck lever, body press, side salto, hands around, wrist grips, opposite ankle, fartak, neck body grip and floating turn, neck body hold and turn, double wings, single wing, single wing, elbow squeeze, inside leg trip, leg wrist grip, thigh tap, leg and neck tie hold, head grip and knee tap, ankle grip, leg twist, legs apart, front pin, cross arm lock, neck crotch, leg apart fall, single leg hook, release hold, forward snap, single leg pick, pulling holds, leg picks, leg trip, head press pinning lift, leg crush, around throw, body drag, press down, leg hit double ankle pull, cross leg hook, cross leg drive, konde, Nelson and forward press, forward press standing grip, free throw, forward pull, leg pick and cross leg-cross scissor, single leg pull, double leg pull, head trouble roll, ring hold, creatures hold, rolling scissor etc. The International holds and the counters given forward in the book.

CHAPTER TENTH

Part A

1. Wrestling coaching camp.
2. Daily routine.
3. Yearly chart.
4. Organisation of a wrestling tournament.

Part B

INTERNATIONAL WRESTLING RULES

(Greeco-Roman, Free style & women wrestling).

Preamble: Objectives, applications, interpretation, competition method, competition procedures.

First Part : Material structure; Weight cate-gories, age categories, competitions, competitors licence, dress, The Mat, Medical service, involvement, doping.

Second Part: Officials; compositions general duties, the referee, the judge, the Mat Chairman, decision and vote, decision table, procedure, Weigh-in, drawing of lots, distribution into two groups Initial classification, the formation of groups, pairing off, elimination from the competition Preliminary rounds, finals, special cases in the finals, formation of the final in the event of elimination of the competitors who too heavy at the weigh in or who did not attend the weigh in team, classification Award ceremony.

Third Part: The Bout, duration of the bout, call, starting the bout, stopping and continuing the bout, determining the winner in the event of a tie, bout at the end of regulation time, the coach.

Fourth Part: Passivity, definition, fight against passivity, wrestling and penalisation, elimination for passivity, evident fleeing the mat or fleeing a hold active wrestlers option of accepting elimination of his opponent for passivity.

Fifth Part: Points of actions and holds, evaluation of the importance of the action or a hold, the value assigned for the gutrench, danger position, scoring the points, major technical hold, value assigned to actions or hold.

Sixth Part: Classification, points awarded after a bout, positive scoring, points in the case of elimination for passivity, scoring in the case of disqualification, technical superiority, the fall.

Seventh Part: Prohibition and illegal holds, general prohibitions, illegal holds, prohibited holds for the school boys and cadets, categories, special prohibitions, consequences for the bout.

Eight Part: Written protest modification and contingencies.

Ninth Part: International rules specific to womens wrestling, application basic rules, age categories and weight classes, dress, weigh in, length of the bout, general technical rules, illegal holds, appendix, Basic vocabulary.

BROAD CONTENTS

CHAPTER FIRST

1. How to become a Olympian wrestler?
2. World history of wrestling
3. Various types of combats.
4. Indian history of wrestling.
5. Free Style and Greco-Roman wrestling brief rules.
6. Useful exercises for the wrestlers.
7. Useful P.T. exercises for the wrestlers.
8. Useful recreational games for the wrestlers.
9. Injuries in wrestling.
10. Weight control.
11. Warming up.
12. International Free Style and Greco-Roman wrestling holds and the counters.

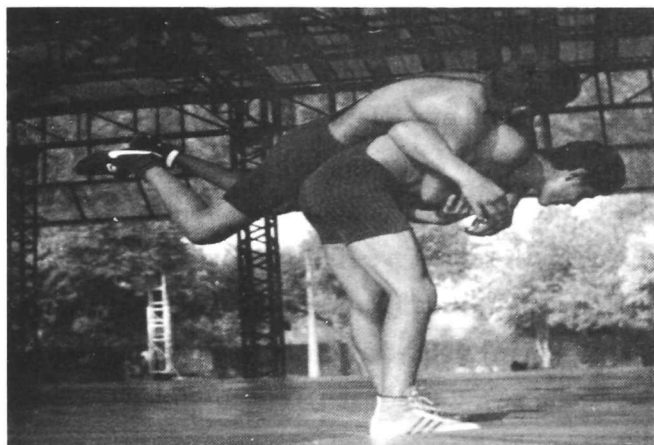


Fig.: 3 Free Style & Greco-Roman wrestling

CHAPTER SECOND

Various types of stances, tie up and referees positions, take downs and counters, conditioning exercises for application of holds.

Conditioning exercises; Standing on stance out side the arena. Kneeling walk and landing sideways, catching the striking ball, pulling the rope, under arm sweep, practising on the tree, pulling weight, lock practise, bending side ways exercises, chakkarasan etc.

- 1.A. Ideal right stance (Adarsh danyan paintra)
- 1.B. Left stance (Banyan paintra)
- 2.A. Ideal left stance (Adarsh banyan paintra)
- 2.B. Right stance (Danyan paintra)
- 3.A. Fix right stance (Danyan sthir paintra)

- 3.B. Fix left stance (Banyan Paintra)
- 4.A. Left fix stance (Banyan sthir paintra)
- 4.B. Fix stance (sthir paintra)
- 5.A. Square stance (Vargakar Paintra)
- 5.B. Double ankle hold (Dohari Mujje)
- 6.A. Sitting square stance (Baitha Vargakar Paintra)
- 6.B. Pulling hold (Khainch)
- 7.A. Sitting long stance (Baitha lamba paintra)
- 7.B. Pushing hold (Dhakil)
- 8.A. Sitting left stance (Banyan Hanuman paintra)□
- 8.B. Pushing hold (Dhakil)
- 9.A. Moving stance (Chalta paintra)
- 10.A. Forward stance (Agla paintra)
- 10.B. Back stance (Ulta paintra)
- 11.A. Opposite stance (Ulta paintra)
- 11.B. Reverse stance (Ulta paintra)
- 12.A. Round stance (Chakri paintra)
- 12.B. Circle stance (Chakri paintra)
- 13.A. Moving square stance (Chalta vargakar paintra)
- 13.B. Double ankle grip (Do mujje)
- 14.A. Neck pull standing grip (Gardan jhonk khari pakar)
- 14.B. Standing switch (Khari roome)
- 15.A. Neck hold standing grip (Garden band khari pakar)
- 15.B. Standing switch (Khari roome)
- 16.A. Tiet hold standing grip (Sakhat maror khari pakar)
- 16.B. Standing switch (Khari roome)
- 17.A. Cross hands standing grip (Hath par khari pakar)
- 17.B. Hips throw (Dhak)
- 18.A. Neck shoulder hold standing (Garden kandha pakar)
- 18.B. Cross buttock (Dhak)
- 19.A. Wrist hold (Kalaee bhinch khari pakar)
- 19.B. Peeling hands (Hath cheerna)
- 20.A. Wrist lock short standing grip (Kaleetala)

- 20.B. Hands release (Hath chhurana)
- 21.A. Flat up standing grip (Chipti khari pakar)
- 21.B. Sitting lift (Baithak)
- 22.A. Tie up standing grip (Baju band khari pakar)
- 22.B. colundun (Bangri)
- 23.A. Arm hook standing grip (Baju band khari pakar)
- 23.B. Under arm sweep (Doob)
- 24.A. Arm hold standing grip (Bajuband khari pakar)
- 24.B. Leg variation (Pat nikalna)
- 25.A. Opposite arm hold standing grip (Ulta bajuband)
- 25.B. Leg variation (Pat nikalana khari pakar)
- 26.A. Hips throw (Dhak)
- 27.A. Wrist arm hold standing grip (Kalaee bajuband khari pakar)
- 27.B. Standing switch (Khari roome)
- 28.A. Sitting grip (Baithi avastha)
- 28.B. Reverse slip over (Ulta dhar)
- 29.A. Simple sitting grip (Sadharan baithi awastha)
- 29.B. Sitting swing (Gadhalet)
- 30.A. Hands lock sitting grip (Tala baithi pakar)
- 30.B. Sitting swing (Gadhalet)
- 31.A. Down leg tackle (Nichli pat nikalna)
- 31.B. Hands bar (Munha patti)
- 32.A. Upward leg tackle (Upari pat nikalna)
- 32.B. Reverse spin (Ultee)
- 33.A. Arm drag opposite grip (Ulti dasti)
- 33.B. Chest push (Seena pachchar)
- 34.A. Moving arm drag (Chalti dusti)
- 34.B. Side swing (Bagal roomi)
- 35.A. Leg lift arm drag (Pabba dasti)
- 35.B. Under arm sweep (Doob)
- 36.A. Arm drag and leg tackle (Pat dasti)
- 36.B. Standing switch (Khari roome)
- 37.A. Short arm drag (Baithi dasti)
- 37.B. Pushing hold (Dhakka)
- 38.A. Under arm sweep standing (Khari doob)
- 38.B. Body press (Moss)
- 39.A. Under arm sweep landing (Tekan doob)
- 39.B. Outer leg bar (Baharli Tang)
- 40.A. Jerk under arm sweep (Bajuband doob)
- 40.B. Peeling hands (Hath cheerna)
- 41.A. Leg tackle under arm sweep (Amber doob)
- 42.B. Outer leg bar (Bahari Tang)
- 43.A. Pulling hold (Khainch)
- 43.B. High leg variation (Khari pat nikalana)
- 44.A. Collar Elbow lock (Kandha garden khainch)
- 44.B. Sitting lift (Baithak)
- 45.A. Shoulder pull (Dohari khainch)
- 45.B. High leg variation (Khari pat nikalna)
- 46.A. Waist grips & Simple lock (Sadharan pakar)
- 46.B. Peeling hands (Hath cheerna)
- 47.A. Waist grip & Fingers lock (Tala pakar)
- 47.B. Peeling hands (Hath cheerna)
- 48.A. Waist grip & Wrist lock (Pauhanchi pakar)
- 48.B. Peeling hands (Hath cheerna)
- 49.A. Thigh press drive (Bhichani rela)
- 49.B. Peeling hands (Hath cheerna)
- 50.A. Forward press drive (Chalta Rela)
- 50.B. Side swing (Gadhalet)
- 51.A. Shoulder drive (Moss Rela)
- 51.B. High sit out (ubee Dasrang)
- 52.A. Cross leg drive (chanti rela)
- 52.B. Scissor (Kainchi)
- 53.A. Cross ankle drive (Anti rela)
- 53.B. Standing swing (Khari bagal roomi)
- 54.A. Buttocks drive (Takkar rela)
- 54.B. Forward jerk (Jhatka)
- 55.A. Kick drive (Ghutan rela)
- 55.B. Leg hold (Pabba)
- 56.A. Back leg drive (Chakari rela)
- 56.B. Back heel drive (Pustang)
- 57.A. Back heel drive (Duchanti rela)
- 57.B. Side leg bar (Pustang)
- 58.A. Side pull drive (Ludhkan rela)

- 58.B. Body over (Dhenkli)
- 59.A. Back drive (Jhonk rela)
- 59.B. Sit out (dusrang)
- 60.A. Legs trip drive (Jhonk rela)
- 60.B. Side roll (Barat)
- 61.A. Turning drive (Ghumman rela)
- 61.B. Side swing (Pustang)
- 62.A. Twist drive (Chanti rela)
- 62.B. Scissor (Kainchi)
- 63.A. Front Leg pick up (Ekpat nikalana)
- 63.B. Neck trouble (Sir khora)
- 64.A. Single Leg pick up (Ekpat)
- 64.B. Scissor (Kainchi)
- 65.A. Leg pick up back bar (Aduns pat)
- 65.B. Single leg jump (Ektangi kood)
- 66.A. Ankle pick up (Ek gatte)
- 66.B. Jerk (Jhatka)
- 67.A. Ankle pick and turn (Do gatte)
- 67.B. Front jerk (Jhatka)
- 68.A. Ankle pickup wrist grip (Ek gatta)
- 68.B. Throat trouble (Gal khora)
- 69.A. side push head drag (Khench muja)
- 69.B. Leg pull (Jhatka)
- 70.A. Arm drag and ankle hold (Dusti mujja)
- 70.B. Combination hold (Sakhi)
- 71.A. Hands swing and ankle hold (Kalae muja)
- 71.B. Leg pull (Jhatka)
- 72.A. Lower head drag (Jhatka)
- 72.B. Leg jerk (Jhonk)
- 73.A. High running switch (Khari roome)
- 73.B. Leg jerk (Jhonk)
- 74.A. Short switch (Pari roome)
- 74.B. Body over (Dhar marna)
- 75.A. Arm bar switch (Bajupar roome)
- 75.B. Body over (Dhar Marna)
- 76.A. Power switch (Lamlet roome)
- 76.B. Body over (Dhar marna)
- 77.A. Sitting switch (Baithi roome)
- 77.B. Body over (Dhar marna)
- 78.A. Simple head arm slip (Sudharan lokan)
- 78.B. Peeling hands (Hath cheerna)
- 79.A. Throat trouble (Halkoon lokan)
- 79.B. Throat trouble (Halkoon lokan)
- 80.A. Front head arm slip (Khari lokan)
- 80.B. Back spin (Jholi)
- 81.A. Hands snap head arm slip (Dasti lokan)
- 81.B. Back spin (Jholi)
- 82.A. Neck lever body press (Bangal jharap)
- 82.B. Duck under (Ukher)
- 83.A. Pushing hold (Dhakka)
- 83.B. Down hold (Jhonka)
- 84.A. Pulling grip (Khainch)
- 84.B. High leg variation (Kharipat nikalana)
- 85.A. Double ankle tackle (Dohari khainch)
- 85.B. Front jerk (Khari pat nikalana)
- 86.A. Double ankle pick up (Do uran mujje)
- 86.B. Front jerk (jhatka)
- 87.A. Double ankle pick up (Feri mujje)
- 87.B. Flattening hold (Laxmlet)
- 88.A. Double ankle tackle (Bangri mujje)
- 88.B. Bridge (Pul)
- 89.A. Double ankle tackle (Dohari khainch)
- 89.B. Flattening hold (Bhagra)
- 90.A. Short lift (Dhibbi)
- 90.B. Leg bar (pustang)
- 91.A. Head drags (Khasote)
- 91.B. Leg tackle (Pat nikalna)
- 92.A. Low grip head drags (Panji khasote)
- 92.B. Leg tackle (Patt nikalna)
- 93.A. Hands split standing grip (Gunthan khari pakar)
- 93.B. Jerk hold (Jhatka)
- 94.A. Side salto (Putthi)
- 94.B. Leg bar (Pustang)
- 95.A. High salto (Unchi putthi)
- 95.B. Standing swing (Khari bagal roome)
- 96.A. Back salto (Ulti putthi)

- 96.B. Inside leg (sadharan khari pakar)
- 97.A. Front salto (Samme ki putthi)
- 97.B. Leg crush (Baja)



Fig.: 4 Controls (Baithi Pakar)

CHAPTER THIRD

Controls, break downs, and rides of International standard and the counters conditioning exercises for application of holds Conditioning Exercises, Seizing the tree by both hands grip stepping over on the cycle, applying scissor in the air by legs action.

1. A. Thigh bar sitting grip (Jangha rok Baithi pakar)
- 1.B. Opposite body turn (Opposite Body turn)
- 2.A. Ankle lock sitting grip (Mujja tala baithi pakar)
- 2.B. Switch (Roome)
- 3.A. Shoulder neck sitting grip (Kandha fanse, baithi pakar)
- 3.B. Step over (Dhar)
- 4.A. Cross ride sitting grip (Arpar baithi pakar)
- 4.B. Body over (Dhenkli)
- 5.A. Frog style sitting grip (Mendhak baithi pakar)
- 5.B. Barat hold (Barat)
- 6.A. Standing ride (Khari sawari)
- 6.B. Upside down roll (palti)
- 7.A. Behind standing scissor (Pichhli khari sawari)
- 7.B. Upside down roll (Palti)
- 8.A. Cross body ride (Kani sawari)
- 8.B. Rolling hold (Dhenkli)
- 9.A. Arm hook ride (Bandh sawari)
- 9.B. Up down Turning (Ghoom)
- 10.A. Reverse ride (Ulat swari)
- 10.B. Rolling Running hold (Dhenkli)
- 11.A. Arm bar scissor (Sandi sawari)
- 11.B. Rolling hold (Dhenkli)
- 12.A. Turn ride scissor (Nikal sawari)
- 12.B. Ragging hold (Rigasna)
- 13.A. Twist ride scissor (Maror sawari)
- 13.B. Ragging hold (Rigasna)
- 14.A. Ride scissor (Ghursawari)
- 14.B. Opposite rolling (Gulant)
- 15.A. Ride scissor Reverse Roll (Ulat ghurswari)
- 15.B. Rolling hold (Gulant)
- 16.A. Far scissor (Rok swari)
- 16.B. Rolling hold (Gulant)
- 17.A. Near scissor (Aree sawari)
- 17.B. Flat ride (Lamlet sawari)
- 18.A. Cross bar scissor (Uran sawari)
- 18.B. Bar scissor (Danda sawari)
- 19.A. Around scissor (Chakkar sawari)
- 19.B. Running hold (Rigasna)
- 20.A. Cross face bar (Patti sawari)
- 20.B. Running hold (Rigasna)
- 21.A. Cross face grind mill (Chakki)
- 21.B. Calundun (Bangri)
- 22.A. Step over body ride (Ghurchari)
- 22.B. Sitting Buttuks throw (Baithi dhak)
- 23.A. Circle grind Mill (pahiya chakki)
- 23.B. Hand bar (Danda)
- 24.A. Leg hooking ride (Kani)
- 24.B. Rolling (Laut)
- 25.A. Hooking ride (Namajband)
- 25.B. Rolling hold (Palti)
- 26.A. Front hand bar (Takkari danda)
- 26.B. Leg strenching (Pasran)
- 27.A. Power hand bar (Rujma danda)

- 27.B. Body grip (Mall pakar)
- 28.A. Around hand bar (Chakari danda)
- 28.B. Twist grip hook (Kamar pakar)
- 29.A. Turning hand bar (Feri danda)
- 29.B. Twist grip (Kamar pakar)
- 30.A. Half Nelson hand bar (Hafta danda)
- 30.B. Leg stretch (Paire Akar)
- 31.A. Cross face bar (Patti)
- 31.B. Body over and hand bar (Patti dhar)
- 32.A. Ride scissor (Kainchi)
- 32.B. Standing guillotine (Sarangi)
- 33.A. Standing guillotine (Sarangi)
- 33.B. Rolling hold (Dhenkli)
- 34.A. Belly scissor (Kamarpetta)
- 34.B. Rolling hold (Palti)
- 35.A. Full stretcher (Chofer sawari)
- 35.B. Up down hold (Palti)
- 36.A. One legged ride (Eklangi sawari)
- 36.B. Side slip (Bagali)
- 37.A. Hook ride (Kundi sawari)
- 37.B. Rolling hold (Palti)
- 38.A. Flat ride (Lamlet sawari)
- 38.B. Upside down (Lamlet sawari)
- 39.A. Front ride stretcher (Jangi kainchi)
- 39.B. Double leg tackle (Dohari Pat)
- 40.A. Parallel scissor (Samanantar kainchi)
- 40.B. Side slip (Bagil)
- 41.A. Over head drag (Mujja)
- 41.B. Jerk (Jhatka)
- 42.A. Sitting position resting upon knees elbows (Baithi awastha)
- 42.B. Short crotch (Chhoti sandi)
- 43.A. Sitting position buttocks upon heels elbows in belly (Baithi awastha)
- 43.B. Cross face bar (Patti)
- 44.A. Sitting position sitting upon knees elbows and forehead (Baithi awastha)
- 44.B. Cross face bar (Patti)
- 45.A. Sitting position buttocks upon heels, elbows outside thigh, (Baithi awastha)

- 45.B. Cross face bar (Patti)
- 46.A. Sitting position resting upon buttocks (Baithi awastha)
- 46.B. Floating hold (Ghissa)
- 47.A. Sitting position legs front hands back (Baithi awastha)
- 47.B. Hand bar (Patti)
- 48.A. Sitting position legs front elbows in belly (Baithi awastha)
- 48.B. Hand bar (Patti)
- 49.A. Sitting position in Hanuman stance (Baithi awastha)
- 49.B. Pulling hold (Khainch)
- 50.A. Sitting position in kneeling style (Baithi awastha)



Fig.: 5 Knee tapa from face to face (Thap)

- 50.B. Short switch (Roome)
- 51.A. Sitting crosswise upon the opponent (Baithi pakar)
- 51.B. Reverse fireman's carry (Ulti kalajang)

CHAPTER FOURTH

Pinning Holds of International standard from face to face and the counters. Parallel exercises for application of holds Exercises catching the striking ball, swimming, throwing the motor tyre, throwing weight by waist, throwing weight by waist, one legged race, cart wheel, Hanuman stance rolling, one leg walk, striking clothes.

- 1.A. Upward leg tackle (Pat nikalana)
- 1.B. Hand bar (Munha patti)
- 2.A. Leg tackle and lift (Pat uthan)
- 2.B. Hand bar (Munha Patti)
- 3.A. Hands swing and leg tackle (Jhola pat nikalna)
- 3.B. Standing switch (Khari roome)
- 4.A. Leg tackle and lock (Tala pat nikalna)
- 4.B. Inner leg bar (Bhitarli)
- 5.A. Outer duck under (Baharli Nikal)
- 5.B. Body press (Maror)
- 6.A. Inner duck under (Andarli Nikal)
- 6.B. Peeling hands (Haath cheerna)
- 7.A. Duck under neck snap (Khasota Nikal)
- 7.B. Peeling hands (Haath cheerna)
- 8.A. Inner duck under (Andarli Nikal)
- 8.B. Peeling hands (Hath cheerna)
- 9.A. Duck underhand Twist (Baharli Nikal)
- 9.B. Peeling hands (Haath cheerna)
- 10.A. Duck under leg hit (pabba Nikal)
- 10.B. Peeling hands (Haath cheerna)
- 11.A. Duck under waist lock (Ukhri Nikal)
- 11.B. Simple leg pick (Jhonk Nikal)
- 12.A. Duck under inside trip (Ektangi)
- 12.B. Single leg pick (Jhonk Nikal)
- 13.A. Duck under neck press (Ektangi)
- 13.B. Duck under crash (Dhakka Nikal)
- 14.A. Duck under leg tackle (Dagberi)
- 14.B. Inner leg trip (Ulti Nikal)
- 15.A. Back ward duck under (Bhitarli)
- 15.B. Simple leg trip (Ulti Nikal)
- 16.A. Duck under cross hands (Ektangi)
- 16.B. Simple leg pick (Nihatthi Nikal)
- 17.A. Cross Buttuck (Kursia pench)
- 17.B. Standing ride (Dhak)
- 18.A. Arm hold and roll (Swari)
- 18.B. Parallel roll (Gulanti Eklanga)
- 19.A. One side arm hook hold (Ektarfa Eklanga)
- 19.B. Circle roll (Chakkar palti)
- 20.A. Rolling hooking hold (Ektangi Eklanga)
- 20.B. Arm hold leg pick up (Dohari pat)
- 21.A. Arm around hook hold (Feri Eklanga)
- 21.B. Circle roll (Chakkar palti)
- 22.A. Reverse hook hold (Ankari Eklanga)
- 22.B. Opposite arm hook hold (Ankari Eklanga)
- 23.A. Fire mans curry (Kalajang)
- 23.B. Simple rolling, (Kalajang)
- 24.A. Turning fireman's carry throw (Kurang kalajang)
- 24.B. Simple rolling (Palti)
- 25.A. Kneeling fireman's carry throw (Tek kalajang)
- 25.B. Side rolling (Palti)
- 26.A. Fireman's carry throw forward roll (Gulanti kalajang)
- 26.B. Pulling hold (Khainch)
- 27.A. Flat legs fireman's carry throw (Pasar kalajung)
- 27.B. Side slip (Bagal roomi)
- 28.A. Twist hands fireman's carry throw (Marori kalajang)
- 28.B. Shoulders lock (Khainch)
- 29.A. Standing fireman's carry throw (Khari kalajang)
- 29.B. Shoulder grip (Khainch)
- 30.A. Rolling fireman's carry (Palti kalajang)
- 30.B. Front grip (Khainch)
- 31.A. Front cross leg pick (Khonch)
- 31.B. Outer leg bar (Baharli)
- 32.A. Cross high pick (Pat khainch)
- 32.B. Under arm sweep (Bangal doob)
- 33.A. Cross ankle pickup (Mundi khainch)
- 33.B. Single leg pick (Begal doob)
- 34.A. Neck drag leg trip (Multani)
- 34.B. Single leg pick (Ekhari)
- 35.A. Hoping neck drag leg trip (Multani kood)
- 35.B. Single leg pick (Ekahari)
- 36.A. Wrist hold neck drag leg trip (Multani kalaiband)

- 36.B. Single leg pick up cross legs (Ekhari)
- 37.A. Neck hold and neck drag leg trip (Multani eklangi)
- 37.B. Single leg jerk (Eklangi jhatka)
- 38.A. Wrist hold and neck drag leg trip (Multani fance)
- 38.B. Throat lock (Galganda)
- 39.A. Outer leg bar (Baharli tang)
- 39.B. Hand bar (Danda)
- 40.A. Inner leg bar (Andharli tang)
- 40.B. Leg twist (Pat khainch)
- 41.A. Grapevine leg, side roll arm (Bagali tang)
- 41.B. Ride (Sawari)
- 42.A. Step over leg trip (Tang sawari)
- 42.B. Legs lift (Jholi)
- 43.A. Sitting leg trip (Chaltitang)
- 43.B. Sitting stance (Hanuman Paintra)
- 44.A. Step over leg trip (Dhariya tang)
- 44.B. Single scissor (Galkhora tang)
- 45.A. Neck lever inside legs (Galkhora tang)
- 45.B. Twisting (Moss)
- 46.A. Standing outer leg (Galkhora tang)
- 46.B. Opposite roll (Ulti pulti)
- 47.A. Flying leg trip (Chipki tang)
- 47.B. Thigh twist (Dhawwa)
- 48.A. Hips jerk (Dhawwa tang)
- 48.B. Forward roll (Dhobi)
- 49.A. flying mare, leg trip (Jaeneu tang)
- 49.B. High leg craddle (Fisli tang)
- 50.A. Side slip (Fislan tang)
- 50.B. High craddle (Janeu)
- 51.A. Double snap (Dutarfi tang)
- 51.B. Single leg ride (Ektangi sawari)
- 52.A. Air leg trip (Hawai tang)
- 52.B. Catching hold (Pakarna)
- 53.A. Buttocks throw (Ulti tang)
- 53.B. Waist snap (Koolha)
- 54.A. Hands lock throw (Hath bandh)
- 54.B. Waist snap (Sawari)
- 55.A. Rolling leg trip (Chakari tang)
- 55.B. Hand tight grip (Jaffa tang)
- 56.A. Hand tackle grip (Tekan tang)
- 57.A. Hips jerk leg trip (Mujja tang)
- 57.B. Leg stretch (Mauja tang)
- 58.A. Buttocks jerk leg trip (Paire failana)
- 58.B. Back push (Laddu tang)
- 59.A. Double grip leg trip (Do hatthi tang)
- 59.B. Riding (Sawari)
- 60.A. Reverse hold (Banki tang)
- 60.B. Tight throw (Dhak)
- 61.A. Rolling leg trip (Palat tang)
- 61.B. Leg trip (Ulti)
- 62.A. Thigh swing (Jhulan Pat)
- 62.B. Monkey climb (Bandar Chadhan)
- 63.A. Leg bar (Pag Danda)
- 63.B. Switch (Roome)
- 64.A. Sky salto (Putthi ambar)
- 64.B. High pinning salto (Unchi putthi)
- 65.A. High pinning salto (Unchi putthi)
- 65.B. Sit out (Dasrang)
- 66.A. High pinning salto (Unchi putthi)
- 66.B. Heavy salto (Vajani Putthi)
- 67.A. Side swing salto (Jhoola putthi)
- 67.B. Swing salto (Jhoola putthi)
- 68.A. Movement salto (Hillor putthi)
- 68.B. Side swing (Begal roomei)
- 69.A. Reverse salto (Ulti putthi)
- 69.B. Side swing (Bagal roomei)
- 70.A. Flying Mare (Dhobi pat)
- 70.B. Ride (Sawari)
- 71.A. Russian flying mare (Russian dhobi pat)
- 71.B. Ride (Sawari)
- 72.A. Blind hold (Jaffa)
- 72.B. Hips jerk (Dhawwa)
- 73.A. Tight grip (Khapachi)
- 73.B. Standing switch (Khari roome)
- 74.A. Back turn (June khapchi)
- 74.B. Hips jerk (Dhawwa)
- 75.A. Backward spin (Dhawwa)

- 75.B. Leg tackle (Jholi)
- 76.A. Back salto (Pat lagna)
- 76.B. Side swing (Chakkar gulanti)
- 77.A. Front salto (Ulti putthi)
- 77.B. Buttocks throw (Dhak)
- 78.A. Back salto (Joone putthi)
- 78.B. Rolling hold (Joone putthi)
- 79.A. Contact front salto (Bagal putthi)
- 79.B. Standing switch (Khari roome)



Fig.: 6 Combination hold (Sakhi) from face to face

CHAPTER FIFTH

International pinning holds from face to face positions and the counters given in the book, conditioning exercises for application of holds.

Conditioning exercises level the arena by legs movements only, Hanuman stance, practice of pressure, snap on the tree, sitting on paws, bending P.T. exercises, Catching the striking ball.

- 1.A. Inside ankle squeeze (Andarli anti)
- 1.B. Combination hold (Sakhi)
- 2.A. Outside ankle knot (Bharli anti)
- 2.B. Leg hook (Anti)
- 3.A. Pushing ankle hold (Anti)
- 3.B. Leg hook (Anti)
- 4.A. Leg hit (Chapras)
- 4.B. Leg hit (Chapras)
- 5.A. Front combination hold (Sakhi)
- 5.B. Front combination hold (Nihatthi sakhi)

- 6.A. Backward combination hold (Ulti sakhi)
- 6.B. Backward combination hold (Ulti sakhi)
- 7.A. Flat combination hold (Lamlet sakhi)
- 7.B. Riding hold (Sawari)
- 8.A. Flat combination hold (Sanjhi sakhi)
- 8.B. Combination hold (Sanjhi sakhi)
- 9.A. Hand grapine combination hold (Lapet sakhi)
- 9.B. Hand grapine combination hold (Lapet sakhi)
- 10.A. Waist grapine combination hold (Lapet sakhi)
- 10.B. Waist grapine combination hold (Lapet sakhi)
- 11.A. Leg hit back drag (Ulti chanti)
- 11.B. Back slip (Back slip)
- 12.A. Leg hit back drag (Danda girah)
- 12.B. Back slip (Andarli tang)
- 13.A. Swinging back drag (Chakkar girah)
- 13.B. Peeling hands (Hath cheerna)
- 14.A. Ankle hook back drag (Anti Girah)
- 14.B. Scissor (Kainchi)
- 15.A. Pressure snap (Lapet)
- 15.B. Twisting hold (Mos)
- 16.A. Tight throw (Khapchi)
- 16.B. Standing switch (Khari Roome)
- 17.A. Back turn (Junne Khapchi)
- 17.B. Hips jerk (Dawwa)
- 18.A. Neck Press backward spin (Mugla)
- 18.B. Leg variation (Pat Nikalna)
- 19.A. Side grip and backward spin (Mugla palti)
- 19.B. Leg variation (Pat nikalna)
- 20.A. Side grip and backward spin (Mugla)
- 20.B. Leg variation (Pat nikalna)
- 21.A. Across hand backward spin (Roomi mugla)
- 21.B. Leg variation (Pat nikalna)
- 22.A. Wrist grip sitting lift (Baithak)
- 22.B. Pulling hold (Baithak)
- 23.A. Slipping sitting lift (Baithak rapat)
- 23.B. Pulling hold (Khainch)
- 24.A. Neck lever body press (Jharap)
- 24.B. Back spin snap (Baja)

- 25.A. Leg pickup (Ektangi)
- 25.B. Scissor (Kainchi)
- 26.A. Leg pick and jerk (Ektangi)
- 26.B. Leg scissor (Kainchi)
- 27.A. Leg pickup joint jerk (Ektangi kunda)
- 27.B. Scissor (Kainchi)
- 28.A. Leg pick up backward binding (Ektangi ghutnpel)
- 28.B. Scissor (Ulti)
- 29.A. Leg pick up back press (Ektangi thap)
- 29.B. Scissor (Kainchi)
- 30.A. Thigh push (Hasti pat)
- 30.B. Leg jump (Tangri)
- 31.A. Thigh pull (Pagga khainch)
- 31.B. Leg jump (Tangri)
- 32.A. Double ankle pick (Dohari mujja)
- 32.B. Front pick (Jhatka)
- 33.A. Double ankle tackle (Palti mujja)
- 33.B. Bridge (Pull)
- 34.A. Standing sarotha (Khari janeu)
- 34.B. Colundun (Bangri)
- 35.A. Power hold (Katti)
- 35.B. Neck slip (Garden Nikal)
- 36.A. High power hold (Garden Nikal)
- 36.B. Neck slip (Pag danda)
- 37.A. Leg craddle (Pag danda)
- 37.B. Switch (Mask)
- 38.A. Cross buttocks shifting (Jholi)
- 38.B. Legs lift (Jholi)
- 39.A. Kabootarband (Kabootarband)
- 39.B. Colundun (Bangri)
- 40.A. Rakabi (Rakabi)
- 40.B. Back turn (Jaffa)
- 41.A. Turning Nelson (Khari palti)
- 41.B. Handbar (Danda)
- 42.A. Over drop Nelson (Chalti palti)
- 42.B. Hand Bar (Danda)
- 43.A. Upper floating leg cross (Tabakfar)
- 43.B. Arm drag (Dasti)
- 44.A. High lift (Pachhar)
- 44.B. Back twist (Mos)
- 45.A. Leg tackle high lift (Pachchar pat)
- 45.B. Outer leg bar (Baharli)
- 46.A. Waist lock high lift (Haddi pachchar)
- 46.B. Wrestlers lift (Mall pachchar)
- 47.A. Turning and neck lever body press (Bagal jharap)
- 47.B. Twisting hold (Mos)
- 48.A. Back ward fall (Machchhigota)
- 48.B. Forward pulling (Jhatakna)
- 49.A. Single and double leg tackle (Ek do pat)
- 49.B. Arm hook (Eklanga)
- 50.A. Leg split (pag fance)
- 50.B. Scissor (Kainchi)
- 51.A. Forward snap (Jhonk pat)
- 51.B. Scissor (Kainchi)
- 52.A. Thigh push (Dhaket pat)
- 52.B. Pulling hold (Khainch)
- 53.A. Leg pick up back landing (Ektangi dhaket)
- 53.B. Pulling (Tang jhatakna)



Fig.: 7 Side Swing (Bagal roomie) from underneath position

CHAPTER SIXTH

International pinning holds in upward sitting positions and the counters conditioning exercises- Hanuman stance Kneeling position, walk, rolling

cart wheel, step over practice, circling the hand in kneeling position, Landing side ways in kneeling position.

- 1.A. Short arm lock (Choti sandi)
- 1.B. Short switch (Roome)
- 2.A. Long arm lock (Lambi sandi)
- 2.B. Arm bar switch (Roome)
- 3.A. Long arm lock leg bar (Fanse sandi)
- 3.B. Side slip (Bagli)
- 4.A. Long arm lock and side press (Belni sandi)
- 4.B. Side slip (Bagli)
- 5.A. Short arm lock and ankle hold (Moja sandi)
- 5.B. Swing (Gadhalet)
- 6.A. Long armbar and pressure (Roller sandi)
- 6.B. Side slip (Bagli)
- 7.A. Cross arm lock and forward roll (Laut Sandi)
- 7.B. High sit out (Dasrang)
- 8.A. Short arm lock and forward roll (Laut sandi)
- 8.B. Sit out (Dasrang)
- 9.A. Long arm lock and forward roll (Nihatthi sandi)
- 9.B. Body over (Dhar marna)
- 10.A. Cross face bar and ankle grip (Patti mujja sandi)
- 10.B. Peeling hands (Hath cheerna)
- 11.A. Hand trouble forward roll (Ghissa Sandi)
- 11.B. Body ride (Dhar Marna)
- 12.A. Long leg crotch and flat (Tangria sandi)
- 12.B. Body over (Dhar marna)
- 13.A. Long arm lock and neck bar (Hafta sandi)
- 13.B. Side slip (Bagli)
- 14.A. Long arm lock and neck bar (Gurdan danda sandi)
- 14.B. Side roll (Palti)
- 15.A. Buttucks cross bar and high lift (Hathi pachchar sandi)
- 15.B. Chair hold (Kursia pench)
- 16.A. Old Nelson (Hafta)
- 16.B. Side swing (Bagal roomi)
- 17.A. Power nelson (Kainchi hafta)
- 17.B. Side swing (Bagal roomei)
- 18.A. Force Nelson (Jori hafta)
- 18.B. Side swing (Bagal roomei)
- 19.A. Under arm ½ Nelson (Sandiyana hafta)
- 19.B. Swinging switch (Roomei gadhalet)
- 20.A. Half Nelson (Adda hafta)
- 20.B. Swinging switch (Roomei gadhalet)
- 21.A. Arm bar ½ Nelson (Marori hafta)
- 21.B. Swinging switch (Roomei gadhalet)
- 22.A. Neck squeeze Nelson (Jeli hafta)
- 22.B. Swinging switch (Roomei gadhalet)
- 23.A. Neck lock Nelson (Dandi hafta)
- 23.B. Body ride (Dhar marna)
- 24.A. Arm bar nelson (Ulat hafta)
- 24.B. Body over hand bar (Dhariya danda)
- 25.A. Twist Nelson (Pankhi hafta)
- 25.B. Body step (Dhar marna)
- 26.A. Hard Nelson (Belni hafta)
- 26.B. Turning over (Palti)
- 27.A. Modern Nelson (Jangi Hafta)
- 27.B. Side swing (Bagal roome)
- 28.A. Head lever floating hold (Baju ghissa)
- 28.B. Body throw (Dhenkli)
- 29.A. Leg cross float hold (Pagmar ghissa)
- 29.B. Flying switch (Roome)
- 30.A. Simple float hold (Naram ghissa)
- 30.B. Short switch (Roome)
- 31.A. Arm lock float hold (Sandiyana ghissa)
- 31.B. Outer slip (Bahri Gadhalet)
- 32.A. Spinning wheel (Charkha)
- 32.B. Side swing (Bagal roomei)
- 33.A. spinning wheel and Nelson (Hafta charkha)
- 33.B. Side swing (Bagal roomei)
- 34.A. Spinning wheel and hand crotch (Ambar charkha)
- 34.B. Side swing (Bagal roomei)
- 35.A. Spinning wheel and hand crotch (Ambar charkha)

- 35.B. Side swing (Bagal roomei)
- 36.A. Cross spinning wheel (Killi charkha)
- 36.B. Side swing (Bagal roomei)
- 37.A. Tight ring hold (Endi)
- 37.B. Opposite side roll (Ulti karwat)
- 38.A. Flat ring (Lamlet Endi)
- 38.B. Opposite side roll (Ulti karwat)
- 39.A. Opposite leg tight ring hold (Dohri endi)
- 39.B. Opposite side roll (Ultikarwat)
- 40.A. Sitting sarotha (Baithi Janeu)
- 40.B. Colundun (Bangri)
- 41.A. Front sitting sarotha (Takkari janeu)
- 41.B. Sitting lift (Baithi jholi)
- 42.A. 3/4 Nelson (Palti)
- 42.B. Hand bar (Danda)
- 43.A. Nelson and bridge Chakar palti)
- 43.B. Hand bar (Danda)
- 44.A. Rolling Nelson (Ulti palti)
- 44.B. Hand bar (Danda)
- 45.A. Gutureench (Bharandaj)
- 45.B. Step over (Tang dalna)
- 46.A. Standing Gutureench (Khari bharandaj)
- 46.B. Standing swing (Pustang)
- 47.A. Double hand hook (Nihathi sandi)
- 47.B. Leg stretch (Pair pasarana)
- 48.A. Cross arm hook and half Nelson (Bakra pachhar)
- 48.B. Legs flattening (Pair pasarana)
- 49.A. Cross arm lock lift (Hathi pachhar)
- 49.B. Legs flattening (Pair pasarana)
- 50.A. Cross arm and Nelson (Kukkar sandi)
- 51.B. Short switch (Short switch)
- 52.A. Double trouble (Dohari Khor)
- 52.B. Sitting arm hook hold (Baitha Eklanga)
- 53.A. Lower duck under (Pabba Feri)
- 53.B. Step over (Dhar marna)
- 54.A. Kunde (Kunda)
- 54.B. Ragging (Rigasna)
- 55.A. Ankle grip and kunda (Mujja kunda)
- 55.B. Ragging (Rigasna)
- 56.A. Press leg konde (Rapti kunda)
- 56.B. Ragging (Rigasna)
- 57.A. Waist grip konde (Kamar kunda)
- 57.B. Ragging (Rigasna)
- 58.A. Simple konde (Pag kunda)
- 58.B. Ragging hold (Rigasna)
- 59.A. Waist grip leg jerk konde (Mori kunda)
- 59.B. Ragging hold (Rigasna)
- 60.A. Cross leg konde (Pag kunda)
- 60.B. Ragging (Rigasna)
- 61.A. Opposite hand grip konde (Ulat kunda)
- 61.B. Ragging hold (Rigasna hold)
- 62.A. Rolling hold (Palti kunda)
- 62.B. Body over (Dhar marna)
- 63.A. Jack and crossing leg (Palti kunda)
- 63.B. Sitting position (Baithi awastha)
- 64.A. Side rolling konde (Belan kunda)
- 64.B. Opposite side roll (Ulti karwat)
- 65.A. Half Nelson konde (Ankari kunda)
- 66.A. Standing leg cross konde (Chiptan kunda)
- 66.B. Ragging hold (Rigasna)
- 67.A. Leg split cross hand konde (Kundli kunda)
- 67.B. Ragging hold (Rigasna)
- 68.A. Forward leg pick konde (Kundli kunda)
- 68.B. Ragging hold (Rigasna)
- 69.A. Lift and twist konde (Marori konde)
- 69.B. Leg crush (Pat ukher)
- 70.A. Opposite grip lift and twist konde (Ragga kunda)
- 70.B. Leg crush (Jhatkana)
- 71.A. Pressure konde (Vajani kunda)
- 71.B. Scissor (Kainchi)
- 72.A. Body cross konde (Pag kunda)
- 72.B. Ragging hold (Rigasna)
- 73.A. Flat konde (Lamlet konde)
- 73.B. Sitting position (Baithi awastha)
- 74.A. Drop konde (Jhonk kunda)

- 74.B. Sitting position (Baithi Awastha)
- 75.A. Sitting position (Patak konde)
- 75.B. Turning hold (Chakari)
- 76.A. Crossing leg lift konde (Kainchi kunda)
- 76.B. Opposite twist (Marori)
- 77.A. Rolling konde (Dhenkli kunda)
- 77.B. Body throw (Dhar marna)
- 78.A. High lift konde (Asman kunde)
- 78.B. Monkey climb (Bandar chadhan)
- 79.A. Simple arm lock (Sadharan band)
- 79.B. Switch swing (Roomei gadhalet)
- 80.A. Neck lock (Gardan bandh)
- 80.B. Switch swing (Roomei gadhalet)
- 81.A. Nelson lock (Hafta bandh)
- 81.B. Switch wing (Roomei gadhalet)
- 82.A. Step lock (Kadam bandh)
- 82.B. Switch swing (roome gadhalet)
- 83.A. Wrist lock (Kalai bandh)
- 83.B. Switch swing (Roomei gadhalet)
- 84.A. Wheel lock (Charkli bandh)
- 84.B. Switch swing (Roomei gadhalet)
- 85.A. Riding lock (Ghursawar bandh)
- 85.B. Switch swing (Roomei gadhalet)
- 86.A. Double riding lock (Dohra ghursawar bandh)
- 86.B. Switch swing (Roomei gadhalet)
- 87.A. Double hand lock (Duhatt'ra chakkar bandh)
- 87.B. Opposite rolling (aut)
- 88.A. Cart wheel (Ghoom chakkar)
- 88.B. Twist hold (Mos)
- 89.A. Sarotha and cart wheel (Janeu ghoom chakkar)
- 89.B. Twist hold (Mosh)
- 90.A. Leg pick and cart wheel (Chakkar tangaria ghoom)
- 90.B. Under arm sweep (Nikal)
- 91.A. Neck arm press (Sir maror)
- 91.B. Head out (Nikal)
- 92.A. Leg pick and cartwheel (Ghoom chakkari)



Fig.: 8 Standing switch (Roomei) for controlling the opponent

CHAPTER SEVENTH

International Standard escapes from standing and sitting positions and the counters conditioning exercises for application of holds condition.

Conditioning exercises; Hanuman stance, Bridge Making; Side snap; Opposite rolling flat, step over practice of switch in air snap; Opposite rolling flat, step over practice of switch in air frequently.

- 1.A. Peeling hands (Hath cheerna)
- 1.B. Opposite drive (Chanti rela)
- 2.A. Peeling hands (Hath cheerna)
- 2.B. Shoulder drive (Moss rela)
- 3.A. Peeling hands (Hath cheerna)
- 3.B. Buttocks drive (Takri rela)
- 4.A. Peeling hand (Hath cheerna)
- 4.B. Cross crotch (Bakra pachchar)
- 5.A. Peeling hands (Hath cheerna)
- 5.B. Hand bar (Patti)
- 6.A. Peeling hands (Hath cheerna)
- 6.B. Buttocks drive (Takkar rela)
- 7.A. Peeling hands (Hath cheerna)
- 7.B. Buttocks drive (Patti)
- 8.A. Peeling hands (Hath cheerna)
- 8.B. Buttocks drive (Takkar rela)
- 9.A. Peeling hands (Hath cheerna)
- 9.B. Salto (Putthi)

- 10.A. Peeling hands (Hath cheerna)
- 10.B. Back drive (Uhta rela)
- 11.A. Peeling hands (Hath cheerna)
- 11.B. Kicking drive (Chanti rela)
- 12.A. Sit out (Dasrang)
- 12.B. Twisting hold (Moss)
- 13.A. Head lever sit out (Ekhari dasrang)
- 13.B. Twisting hold (Moss)
- 14.A. Head lever sit out (Dohari dasrang)
- 14.B. Twisting hold (Moss)
- 15.A. Elbow sporting sit out (Tek dasrang)
- 15.B. Twisting hold (Moss)
- 16.A. Free sit out (Khuli dasrang)
- 16.B. Twisting out (Moss)
- 17.A. High switch (Khari roome)
- 17.B. Standing switch (Khari roome)
- 18.A. Standing switch (Khari roome)
- 18.B. Standing switch (Khari roome)
- 19.A. Wrist grip and standing switch (Kalaiband roome)
- 19.B. High running switch (Khari roome)
- 20.A. Short switch (Pari roome)
- 20.B. Body over (Dhar marna)
- 21.A. Arm bar switch (Sandiya roome)
- 21.B. Body over (Dhar marna)
- 22.A. Power switch (Lamlet roome)
- 22.B. Body over (Dhar marna)
- 23.A. Pinning switch (Baithi roome)
- 23.B. Body over (Dhar marna)
- 24.A. Leg sporting switch (Roome)
- 24.B. Body over (Dhar marna)
- 25.A. Head lever roll (Dhar marna)
- 26.A. Hand grapine step over (Dawwa)
- 26.B. Flattening (Lamlet)
- 27.A. Side turn (Firki)
- 27.B. Body turn (Dhenkli)
- 28.A. Side turn and hand bar (Danda firki)
- 28.B. Body throw (Dhenkli)
- 29.A. Wrist grip and turn (Dohari kalai pakar)
- 29.B. Rolling hold (Ulti pulti)

- 30.A. Nelson hand bar (Hafta danda)
- 30.B. Leg stretch (Pair ukher)
- 31.A. Side turn (Ghoom)
- 31.B. Suck-Buck (Khainch)
- 32.A. Head lever roll (Gulant)
- 32.B. Turning (Palti)
- 33.A. Standing sit out (Khari dassang)
- 33.B. Back spin (Jholi)

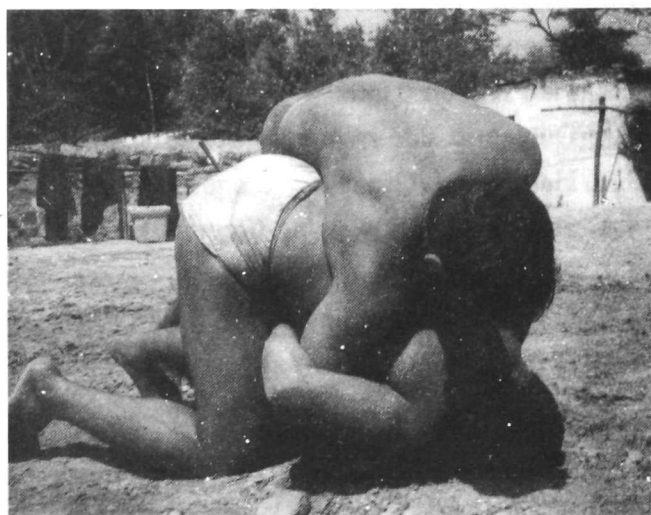


Fig.: 9 Side slip (Bagli)

CHAPTER EIGHTH

Pinning holds from underneath position to the upward rider the counters. Conditioning exercises for application of holds; Bending downward P.T. exercises, walking in kneeling position, sitting up on the knees, head rolling, practice of scissor in the air, side snaps, bending forward exercises:-

- 1.A. Inner leg grapine (Andarli tang)
- 1.B. Back hit (Pat khainch)
- 2.A. Inside leg grapine (Andarli tang)
- 2.B. Back hit (Baja)
- 3.A. Leg and arm grapine (Bagli tang)
- 3.B. Ride (Sawari)
- 4.A. Sitting leg trip (Baithi tang)
- 4.B. Legs lift (Jholi)
- 5.A. Sitting leg motion (Baithi tang)
- 5.B. Nelson (Hafta)
- 6.A. Sitting leg motion (Waist hold)
- 6.B. Waist hold (Kamarband)

- 7.A. Far side roll (Lattu)
- 7.B. Half nelson (Hafta)
- 8.A. Leg tackle backstack (Jholi)
- 8.B. Forward drive (Chalu rela)
- 9.A. Around roll (Godi)
- 9.B. Snatch hold (Khainch)
- 10.A. Side swing (Gandhalet)
- 10.B. Half Nelson (Hafta)
- 11.A. Outer leg trip side swing (Nikali gadhalet)
- 11.B. Short lever (Chhoti sandi)
- 12.A. Opposite grip side swing (Ulat gadhalet)
- 12.B. Half Nelson (Hafta)
- 13.A. Outer trip side swing (Bahri gadhalet)
- 13.B. Half Nelson (Hafta)
- 14.A. Short switch ride swing (Roomei gadhalet)
- 14.B. Floating hold (Ghissa)
- 15.A. Leg grip and standing switch (Khari gadhalet)
- 15.B. Floating hold (Ghissa)
- 16.A. Standing far side swing (Khari bagal roomei)
- 16.B. Back drive (Pichchwari rela)
- 17.A. Standing far side wing (Khari bagal roomei)
- 17.B. Tight grip hold (Khapchi)
- 18.A. Leg cradle (Paire jhappatti)
- 18.B. Knee press (Pag dhakka)
- 19.A. Colundun (Bangri)
- 19.B. Opposite Nelson (Ula hafta)
- 20.A. Single grip colundun (Ekhati bangri)
- 20.B. Cross ride (Arpar dhar)
- 21.A. Opposite grip colundun (Ghaseet bangri)
- 21.B. Hand bar (Danda)
- 22.A. Side slip (Bagli)
- 22.B. Flattening hold (Lamlet)
- 23.A. Side slip (Ripat Bagli)
- 23.B. Hooking half Nelson (Sandi)
- 24.A. Reverse fireman's curry (Uli kalajang)
- 24.B. Bridge (Pul)
- 25.A. Leg tackle back stack (Jholi)
- 25.B. Peeling hands (Hath cheerna)
- 26.A. Back side leg tackle back stack (Uli jholi)
- 26.B. Scissor (Kainchi)
- 27.A. Opposite lock roll (Gulanti)
- 27.B. Cloundun (Bangri)
- 28.A. Grapine hand side roll (ghori)
- 28.B. Hanuman stance (Hanuman paintra)
- 29.A. Side slip (Bagli)
- 29.B. Flattening (Lamlet)
- 30.A. Side roll (Bagal ghoom)
- 30.B. Back pull (Pustang)
- 31.A. Leg bar and turn (Pustang)
- 31.B. Drive (Rela)
- 32.A. Side roll (Bagal roome)
- 32.B. Forward drive (Rela)
- 33.A. Double ankle hold and colundun (Palti mujja)
- 33.B. Bridge (Pul)
- 34.A. Standing sarotha (Khari janeu)
- 34.B. Neck Pressure (Gardan Nikal)
- 35.A. Power hold (Katti)
- 35.B. Head out (Gardan Nikal)
- 36.A. Double hand grip and turn (Jora jori)
- 36.B. Rolling (Ulatna)



Fig.: 10 Neck lever body press (Moss)

CHAPTER NINTH

Face to face from under heath to upward, from upward to under neath, the pinning International wrestling holds and the counters etc. Parallel conditioning exercises for application of holds.

Bending down exercises, falling down like a dead body, leg stretching forward and sitting on legs weight, sit ups slipping the hips side ways, Egila exercises for waist, Hanuman stance, Pulling exercise, carrying weight race, climbing on tree rolling etc.

- 1.A. Double leg tackle (Pat Nikalna)
- 1.B. Standing hand bar (Khari palti)
- 2.A. Leg pick up (Ektangi)
- 2.B. Scissor (Kainchi)
- 3.A. Leg pick inside trip (Eklangi tang)
- 3.B. Scissor (Kainchi)
- 4.A. Plan (Plan)
- 4.B. Ride (Sawari)
- 5.A. Dummy hold (Putla pench)
- 5.B. Dummy hold (Putla Pench)
- 6.A. Leg hit (Bhainsa khori)
- 6.B. Heavy spin (Dhawwa)
- 7.A. Neck lever and body press (Mall maror)
- 7.B. Heavy spin (Dhawwa)
- 8.A. Side salto (Seenajori)
- 8.B. Leg crush (Baja)
- 9.A. Hands around (Hath feri)
- 9.B. Side swing (Bagal roomei)
- 10.A. Wrist grip (Kalai pakar)
- 10.B. Peeling hands (Hath pakar)
- 11.A. Fartak (Chakli)
- 11.B. Leg crush (Chapet)
- 12.A. Neck body hold and turn (Toordanish)
- 12.B. Colundun (Bangri)
- 13.A. Double wings (Do pankhi)
- 13.B. Leg tackle (Pat nikalna)
- 14.A. Barat (Barat)
- 14.B. Half nelson (Hafta)
- 15.A. Inside leg trip (Kanti tang)
- 15.B. Back rolling (Laut)
- 16.A. Leg waist grip (Kamar tangri)
- 16.B. Scissor (Kainchi)
- 17.A. Leg and neck tie hold (Gardanband tangri)
- 17.B.
- 18.A. Fitle hold (Fitle)
- 19.A. Heel grip and knee tap (Eri pakar)
- 19.B. Scissor (Kainchi)
- 20.A. Leg twist (Tang maror)
- 20.B. Twist (Jhatka)
- 21.A. Legs apart front pin (Katarni)
- 21.B. Throat trouble (Galkhora)
- 22.A. Cross arm lock (Sandi)
- 22.B. Hand bar and step over (Dhar marna)
- 23.A. Neck crotch (Garden maror)
- 23.B. Twisting hold (Mosna)
- 24.A. Release hold (Swatantar pench)
- 24.B. Side turn (Palti)
- 25.A. Pulling hold (Khainch)
- 25.B. Peeling hands (Hath cheerna)
- 26.A. Shoulder and Neck pull (Kandha gardhan khench)
- 26.B. Peeling hands (Hath cheerna)
- 27.A. Ankle knot (Anti)
- 27.B. Forward push (Jhatka)
- 28.A. Head push (Sir daboch)
- 28.B. Head up (Ukas)
- 29.A. Pinning lift (Paire ukher)
- 29.B. Shooting legs (Paire pasarna)
- 30.A. Leg crush (Ulti)
- 30.B. Back jerk (Ulti kainchi)
- 31.A. Around swing (Doam)
- 31.B. Back fall (Ulti kainchi)
- 32.A. Holding (Godi)
- 32.B. Leg tackle (Pat pakarna)
- 33.A. Turning pick up (Katri)
- 33.B. Body over (Dhar marna)
- 34.A. Around Fall (Gindi)

- 34.B. Flattening (Lamlet)
- 35.A. Around throw (Bal khora)
- 35.B. Side turn (Palti)
- 36.A. Press down (Mandi dhak)
- 36.B. Opposite press (Patki)
- 37.A. Forward pull (Baithi thel)
- 37.B. Side turn (Bagal roome)
- 38.A. Leg pick and cross leg (Pag lapet)
- 38.B. Pulling hold (Ghasit)
- 39.A. Single leg scissor (Eklangi kainchi)
- 39.B. Flat down (Put)
- 40.A. Single leg pull (Ekhari ghasitan)
- 40.B. Jerk hold (Jhatka)
- 41.A. Double leg pull (Dohri ghasitan)
- 41.B. Jerk hold (Jhatka)
- 42.A. Rolling snap (Ulat pench)
- 42.B. Barat (Barat)
- 43.A. Rolling snap (Ulat pench)
- 43.B. Barat (Barat)
- 44.A. Reverse scissor (Ulti kainchi)
- 44.B. Side swing (Bagal chakri)
- 45.A. Reverse snap (Ulti)
- 45.B. Leg hit (Baja)
- 46.A. leg lift (Tang maror)
- 46.B. Inner leg trip (Ulti tang)
- 47.A. Double leg hook (Dohari tang anti)
- 47.B. Grapine arm roll (laut)
- 48.A. Reverse lift (Ukher)
- 48.B. Inner leg trip (Andarli tang)
- 49.A. Neck grip inner leg trip (Gardanband tang)
- 49.B. Leg twist (Tang maror)
- 50.A. Leg pick up and porch it (Ektangi thap)
- 50.B. Climbing knot (Chadhne ki anti)
- 51.A. Sitting grip, Hanuman stance (Baithi pakar, Hanuman paintra)
- 51.B. Side swing (Palti)
- 52.A. Arm drag (Dasti)

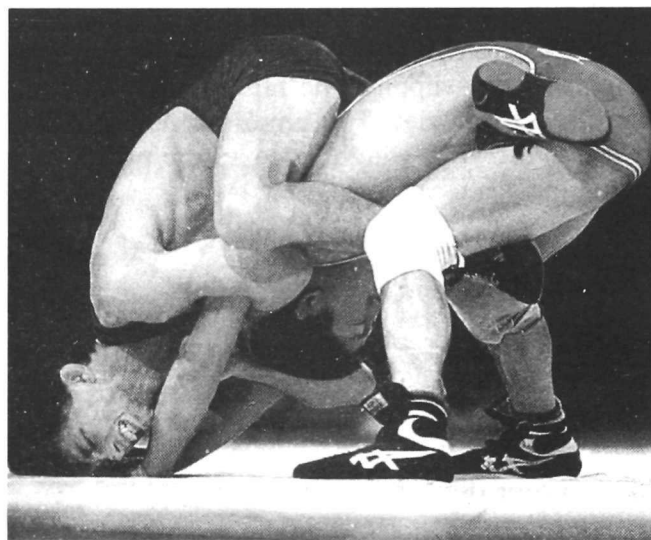


Fig.: 11 International wrestling bout

CHAPTER TENTH

1. Wrestling Coaching camp (Kushti par Shikshan sivr)
2. Daily routine (Dincharya)
3. Yearly chart (Varshik Chart)
4. Organisation of wrestling (Kushti Tournament ka ayojan)

INTERNATIONAL WRESTLING RULES

International wrestling rules : Greeco roman and free style wrestling womans wrestling forward "Wrestling" preamble; competition procedure,

First Part:

Material structure; weight categories, age categories part; material service. Medical service involvement, dopping

Second Part:

Officials; competitions, general duties, the referee. The judge, the mat chairman, the controller decision and vote, decision table, penalties against the officials,

Third Part:

Competition drawing of lots: Drawing of lots, distribution into two groups (2) initial classification. The formation of groups, pairing of, examination from the competitions, preliminary rounds, finals, special cases in the finals, formation of the final in the event of elimination of the contestant who were to heavy at the weighing-in or who did not attend the weigh-in, team classification, Award ceremony,

Fourth Part:

The Bout: Duration of the bout, call, starting the bout, stopping and continuing the bout, determining the winner in the event of tie, score at the end of regulation time, the coach.

Fifth Part:

Passivity: definition, fight against passivity, wrestling in the "par Terre" position The passivity zone, Warming and penalisation, elimination for passivity, evident, fleeing the mat or fleeing a hold. Active wrestlers option of accepting elimination of his opponent for passivity.

Sixth Part:

Points for actions or holds: Evaluation of the importance of the action or hold. The value assigned to the Guturench danger position, scoring the points major technical holds, value assigned to actions or holds,

Seventh Part:

Classification points awarded after a bout: Positive scoring points in the case of elimination for passivity, scoring in the case of disqualification, technical superiority, the fall.

Eighth Part:

Prohibitions and illegal holds: General prohibitions, illegal holds. Prohibited holds for the school boy and cadet categories special prohibitions consequence for the bout.

Ninth Part:

Miscellaneous: Written protest Modifications and contingencies.

Tenth Part:

International rules specific to womens wrestling: Womens Wrestling; application; basic rules. Age categories and weight classes, dress, weight-in, length of the bout, general technical rules; illegal holds, Basic vocabulary.

HEALTH FOR LAY PEOPLE

1. Health

Every human being as well as all creatures are desirous to lead a happy, and peaceful life. Generally, people understand the meaning of health but unable to define the same, in detail. What is health? The general answer of the question is that, when a man feels himself fit in all respect—physically, mentally and in spirits he think himself 'healthy'. In details, every man and woman, old and young wants that every part of his body should be strong, mind should be sharp and feelings should be spiritual. Nobody wants that he falls ill at any time, at any cost. Some sayings about health are – "Health is Wealth", "Healthy mind lives in a healthy body. Only healthy persons create best society." These all sayings insists that the health is part and parcel for all human beings. Only a healthy person can enjoy his life in the very best way instead of ill person. Physical fitness is the base of health either if he is a poor or rich, man or woman, child or



Fig.: 12 Simple pushups by lay people

young. Everyone wants that he should be healthy. In the olden timings human beings were having more healthy than the present time of persons,



Fig.: 13 Healthy exercise by healthy calf

due to their more physical fitness, good habits, good moral characters and nutritious eatings. These were the characteristics through which they could live upto 100 and more age of their calm and peaceful life. On the other side, present time, persons having ill evils in their minds, eat bad edible and unedible things which are full of fats and other vulgar things as well as harmful to health, morally they are declined, socially they are isolated and idle that's why they couldn't reach even upto 50-60 of their age. By remedying the above ill evils and bad habits a person can be fit not only physically also mentally and socially automatically.

2. Physical

Physical fitness is the base of health whether he or she having it is physical, mental or social work. A person who can not move well, do nothing, having poor personality poor thinking and having ill feelings is not fit for the society. Today, we can see that a person looks after and cares more to his car, machines and other luxury articles, but he is least careful to his own health and fitness of his body. That is why, he can not gain health surrounded by diseases, evil feelings

and problems, dies early without gaining the real enjoyment of life, on the other hand the labourers and sportsmen are always healthy, calm and cheerful. They enjoy the life and gain sound sleep because they are physically fit. We can watch the animals and birds that they always remain physically fit and stout, gain sound sleep. It is all due to their daily routine-full of physical activities. Watch the monkeys climbing and jumping upon the trees so they are healthy. They are not equivalent to human being in mental power but more than in physical and social health. We can watch the cows, buffaloes and deers moving in their groups. Thus the birds live in their society, dealing well together. We can see the unity of crows when a crow dies, hundreds of crows get together to feel grief. Why the creatures and birds are so healthy and cheerful? They are habitual to do physical activities, feelings, more and having the least desires. On the other hand a person is always surrounded by unnecessary problems,

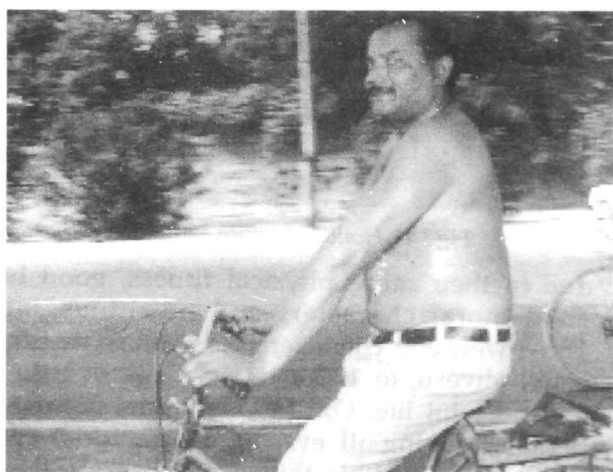


Fig.: 14 Daily cycling is healthy exercise

money making, wishes, idealness bad habits, rough feelings, of enmity sex, and least careful about his health, can not enjoy money or life. If he eat more he can not digest, because fats increase day-by-day and he dies early. Such persons are aware of sound sleep and enjoyment of life. One who is not physically fit he can not get success in any sphere of life, due to physical and mental capacity. Only a physically fit person can develop his mental and physical work, while others can not. So physical fitness is essential for all age group persons. To become physically fit one needs physical exercises. It is important to learn that what type of physical exercises you need? Many people think that they need only to do one kind of exercise to be physically fit like cycling or



Fig.: 15 Young Calf in fine health & spirits

driving vehicle, which is not sufficient. Physical fitness includes five different areas. (a) Muscular strength. (b) Muscular endurance. (c) Flexibility. (d) Agility. (e) Cardio-respiratory fitness. You have muscular strength when your muscles are strong. Your muscles strength help you to lift, pull and push the articles. Flexibility is the ability to bend and move in different ways. To maintain flexibility you need to exercise of every part of your body like legs, arms, thighs, back, waist and neck is essential. Agility is the ability to be active to make easy and quick movements with body, with the co-ordination of mind. Cardio-respiratory fitness involves the physical state of heart, blood, vessels and lungs. Doing exercises which move whole body for a certain period of time, heart and lungs become stronger. They are able to deliver oxygen to the body tissues and remove waste more easily. We can remove cardio-respiratory fitness through exercises such as swimming and other exercises. Every body should make a habit to do some exercises daily, at least in the morning for that one should have to rise one hour before the sun rise, which is the normal time to get up. Make it a habit from today to walk, run slowly, daily on the road side or in a park. These simple exercises can be done upto the end of the life. Moreover, one should choose the fitness exercises adopting from T. V., magazines, books and physical teachers. Avoid the rough and tough as well as boring or heavy exercises and select natural and light exercises for the development of body and

mind, according to your age. For example push ups and weight lifting etc. exercises are harmful for the children old age people, patients and heart trouble persons etc. Thus everybody ladies or gents should choose exercises according to their age, body and capacity. No body can be healthy without physical fitness and physical fitness is impossible without physical exercises. Physical fitness is a base to strengthen the life as well as improve health. It improves heart and blood vessels, less heart beatings and strengthen the lungs and bones. When we take exercise, our body uses the energy from the foods. We eat and promotes sleep. Physical fitness recovers sooner from illness or one never fall ill. Exercise can help the body to remain healthy for more years. Physical fitness helps one to feel good, removes short temper, gloomy mood, idleness as a better personality. So a person should not for get to exercise daily to become healthy and happy. Idle



Fig.: 17 Poor health



Fig.: 16 Exercise by Richshaw

people can not take a sound sleep in the night, that is why they indulge himself in bad sexy habits and without sound sleep one can not feel fresh early in the morning. Thus without exercising he or she feds day by day and can not become healthy.

3. Physical exercises:

It is fact that physical fitness is impossible without exercising because it regains the muscular power, endurance, agility, flexibility, stemina, strengthen the heart, lungs and bones, remove fatness, idleness, illness, off mood, improper respiratory system, digestive system and uses all energy to body and health longevity. Ladies and gents both should make a habit of taking exercise

in morning and evening or at least early in the morning one hour before the sun rises. At that time more oxygen can be gained. Some people don't dare to take exercise being much weak that others will laugh on them, some think that they are busy in other physical activities. So they feel that these are also the exercises. Some says that they have no time to go for a morning walk or exercises. But in all circumstances one must do exercises essentially for growth of body muscles and physical fitness which is gained only by means of exercises. Neither ladies nor gents should hesitate to take exercise because it is a question of their life. While the others, who are busy in physical work should also do some particular exercises for fitness. For example a black smith moves hammer in day time he feels tired himself fully due to physical work but he does only the hands exercise then what about his waist, stomach and legs etc. Likewise a tailor master or a shopkeeper doing activities of their hands only. They need other organs of body exercises with walking and racing. People who do the physical work tire their body easily and they get sound sleep which is good but they are unable to develop their body muscles in a right way. When a labourer is working with a spade which is a good physical exercise but he does the works in a depressive mood if he thinks that he will gain health from this physical work and takes a balanced diet, that he can gain health but he feels load of work and careless about the diet thus he cannot gain health. Exercises for labourers and exercises for the sportsmen are quite different. Moreover there are particular exercises for the

particular sport or game. Likewise exercises for body building are different than the wrestling. Such as wrestling exercises are different than boxing. Likewise exercises for football and badminton are different as exercises of flexibility and agility are required for that. Thus a person should choose the exercises according to his requirement and make a list of exercises and plan the time or exercising in the morning which is the best time otherwise in the evening.

Before beginning the exercises you should warm up your body. Warming up gets your muscles ready to do more work. Warming up prevents injury and sureness to your muscles.



Fig.: 18 Ladies during Morning Walk

After taking exercise you should cool down. After 10 minutes Cooling down gives your heart a chance to slow down in normal condition. Your body temperature becomes lower or cooler, if you don't give your body temperature to cool down you may feel dizzy or faint.

There are hundred kinds of physical exercises are given here for fitness for ladies and gents from which they can choose according to their requirements and benefits in which most of them are quite natural and simple.

1. *Walking*: Every body is aware of walking even then it is being given in details. Taking long and fast steps moving the hands front and back one by one in a straight way and releasing long breathing.

2. *Slow race or jogging*: Slow race or jogging is a simple exercise. Stepping forward in slow race bending the hands from elbows passing forward and backward one by one. Looking forward and taking long breathing.

3. *Race*: For the lay people which should be slow than the athletes race with long breathing and eyes front.

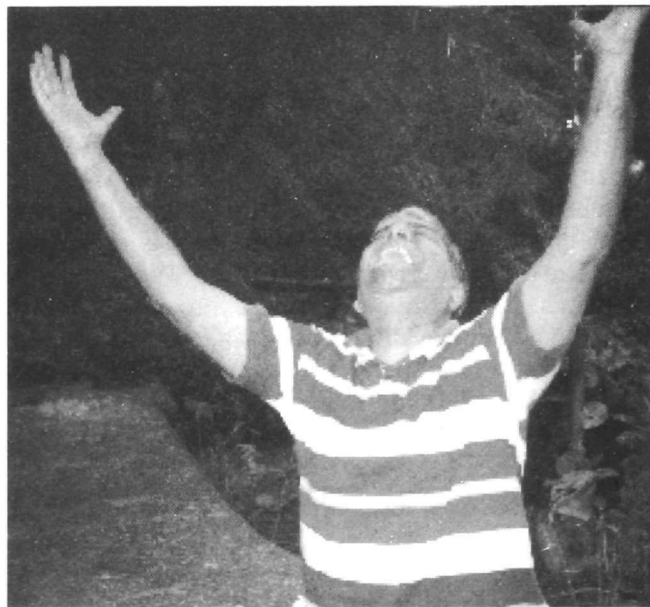


Fig.: 19 Morning walk in cheerful mood

4. *Climbing upon the hill*: It is a natural and useful exercise for all ladies and gents. Which provide strength to the legs and waist. It is a useful exercise for lungs. Wrestlers and boxers should also take this exercise.

5. *Climbing stairs*: It is also a heavy and natural exercise for the sportsmen and lay people specially for upraising boys and girls which strengthens the legs, waist and lungs. Bowing forward, bending the hands like race climbing upon the stairs stepping upward one by one with long breathing.

6. *Cycling*: It is also an exercise in which legs are strengthened. It strengthens the heart and breathing removes the respiratory system and one gets sound sleep after tiredness that is why the legs of the milkmen are very stout.

7. *Jumping and touching bench of tree*: It is also a natural and interesting exercise of agility and smartness. Take jump straightway and touch the bench of tree from your right hand otherwise running from a distance jump and try to touch the bench of tree again and again until you tire.

8. *Jumping upon the spot*: Jumping upon the spot and bending the legs both touching the buttocks is exercise for smartness.

9. *Frog walk*: Jumping forward upon heels and paws hanging the hands free is best exercise to

strengthen the legs and making the body smart.

10. *Dog walk*: Walking forward upon the fours is the best exercise of agility from which one becomes smart.

11. *Cartwheel*: Placing both hands down throwing the body upward rolling sideways like a cartwheel is an agile exercise. Do it again and again stepping forward.



Fig.: 20 Dog walk

12. *Tortoise walk*: Stepping forward one by one in sitting position is a slow and tortoise walk which is useful exercise for waist, legs and buttocks.

13. *Push ups*: Placing both hands upon a normal height at a short distance and legs parallel going down and up push ups exercise. It is useful to strengthen the arms, chest, neck and make waist agile. Everybody can do this exercise easily.

14. *Reverse push ups*: It is good and natural exercise to strengthen hands, chest and neck. Placing both hands backward facing fingers in front upon two feet height straightening the legs forward or bending the legs upon a right angle go down and up stopping the breath, again and again. Every person can do it as it does not effect the eyes.

15. *Sit ups*: It is very fine exercise of whole the body parts. Lying down facing the sky and placing both hands upon the neck, sit down with the jerk and try to touch the knees with forehead, while keeping the legs straightway. Lying and sitting again and again, do this exercise continuously.

16. *One legged walk*: While walking in the morning do this exercise, holding the one leg ankle from one hand and then another ankle from

another hand alternately. Walk upon one leg jumping as much as distance you can cover. It is the exercise for legs and body smartness.

17. *Running in sand*: Running in sand is very difficult and useful exercise which is very beneficial for legs and body.

18. *Rolling*: Placing the hands down parallel in front of you and bending from the elbows rolling upon the head, while placing the chin upon your throat roll slightly bending the knees. It is agile and good exercise for children. It can be done on the grass or mat.

19. *Body lift*: It is a fine exercise for the youngsters. Which strengthen, the legs taking the another body upon the back and walking or running forward with the weight.

20. *Touching legs*: It is a good exercise of agility and smartness fit for all. While sitting upon the buttocks shooting the legs forward in a close way touching your leg fingers with both hands try to touch the knees with the forehead. Then go backward placing the hands sideways.

21. *Touching feet apart*: Sit in the aforesaid position placing the legs upon a distance and now touching the legs alternately from the one hand, do this exercise again and again.

22. *Lying and sitting*: It is also a good agile exercise for children youth and elders. At first lie down facing the sky, then sitting with the jerk touch the feet.

23. *Hitting and kissing knees*: It is also a useful agile exercise for ladies and gents. Lie down straight way and sit at once folding the legs with hands kissing the knees then lie down. Do it again and again.

24. *Leg apart and jump*: Standing in attention position, open the legs apart taking the hands in level of the shoulders both side. At the another cannot close the legs after jump taking hands closed sideways. People can do it again and again upto double of eight counting.

25. *Bending sideways*: Stand in attention position. Bending the body sideways to downward extend your hand below knee joints. Now do likewise to the another side. Do this P.T. exercise up to double of eight counting.

26. *Reverse walk*: Instead of forward walking backward is a reverse walk. It is the exercise of rest of the parts of the legs. Simple and useful for ladies and gents of all groups of age.



Fig.: 21 Ladies lifting bundle of grass

27. *Jumping forward*: During a morning walk you can jump forward in attention position placing the hands sideways upon the waist. It is, very simple for all groups of age for ladies and gents. It is a agile and smart exercise.

28. *Hanging reverse*: Hold a bowed wood of tree with hands apart. Now lift the legs up cross the legs in between the legs and hung reverse. It eases the heart due to reverse blood circulation. The face shines and it is the agile exercise which shines the race and strengthen the hands also.

29. *Crossing an obstacle*: It is also a kind of simple and natural exercise for agility and smartness. You can jump crossing a stone, bush or little drain during your morning or evening walk.

30. *Pulling bucket*: Pulling bucket in both hands keeping it apart from body is a home task as well as it is a simple and natural exercise of hands, legs and other organs of body which can be done by ladies and gents of all age.

31. *Driving hand pump*: Driving hand pump up and downward to get the water is also a good exercise of hands and waist which is simple beneficial as well as easy exercise for all age of people.

32. *Carrying luggage*: It is a very bad habit to carry some luggage through labour or coolie. Somewhere people hire the rickshaw or auto to reach to a little distance. One should carry the weight himself, coming on foot is a very useful exercise. Some one depend upon the hawkers is a bad habit.

33. *Sweeping*: Though sweeping is the women's home work thus they are healthy yet every person should sweep the home and room himself which is very simple natural and automatic exercise of agility and flexibility to loosen the weight and given smartness.

34. *Washing clothes*: If you himself wash your clothes, oiling the body before bath you will always be healthy. Washing is a tiring exercise of hands, should be done by all age groups people.

35. *Massage*: Dry massage or oil massage both are good exercises to rub the body with full strength. One can get perspiration if he rubs his all parts of body devotedly which creates life in all body muscles. It is for ladies and gents, children and youngers as well as young or elders also.

36. *Hanging legs upon tree*: Holding the parallel bench of tree with both hands cross your legs in between hands and place your legs upon the bench. Now releasing the hands hung down reverse as much time as possible. It is good for reverse blood circulation, shines, the face, ease to the mind and relax the body parts.

37. *Carrying stones*: Carrying stones or bricks weight is a tiring and natural exercise for all which is useful for sound sleep.

38. *Lifting bundle of wood*: The women who lift the bundle of wood or bundle of grass upon their head and carry it at home are naturally healthy that is why the ladies of the village are stout.

39. *Grinding mill*: In olden days ladies used to grind the corn wheat or grams themselves by their own hand early in the morning. Grinding corn provides whole body exercise for all ladies and gents from which one gets perspiration even in the winter season.



Fig.: 22 Prayer before morning walk

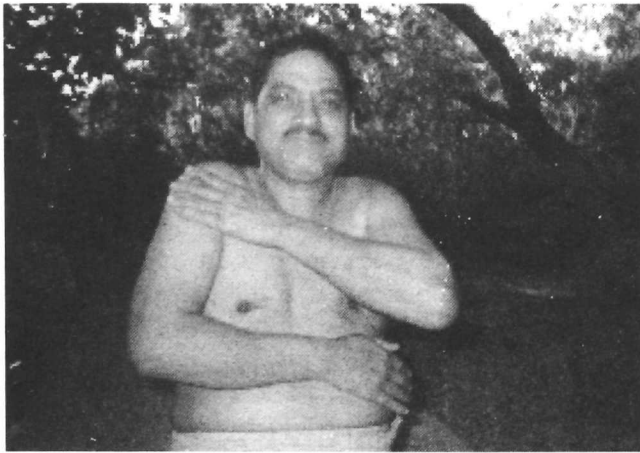


Fig.: 23 Massage

40. *Wood cutting*: Wood-cutting is also a useful exercise of hands and body. If you have any chance to cut the tree or wood you yourself should do this task for exercising purpose, which is beneficial as makes hands stronger.

41. *Carrying bags*: Carrying bags of wheat or corn upon the back is a heavy and tiresome exercise for the youngsters. But one should be warm up the body before lifting the full bag of sack.

42. *Digging*: Digging or levelling the sand is a natural and useful exercise to strengthen the hands and waist from which one get sound sleep.

43. *Pushing jeep or car*: Pushing the jeep or car with both hands is a natural and useful exercise to make strong the body and hands. From which one can get perspiration even in winter also after some time one awards sound sleep and digest heavy diet from the same. Ladies and gents of all groups of age can do it. But little warming up is essential before this exercise.

44. *Lifting bedding*: Whenever you have to travel you should lift your bed upon your head or back without any hesitation which is a whole body tiresome and natural exercise for all except the pregnant ladies.

45. *Running with calf*: If you have a little calf of your cow you can run with holding his rope. You will see that your body will be fully tired with in five minutes. The Olympian Milo of Greece became the champion by exercising with his calf by lifting and running with him.

46. *Moving Lathi*: Moving lathi (stick) is the best agile exercise for child, youngs and elders which

is beneficial to hands and other organs of the body. Moving lathi is defensive Indian art, one can save himself from lathi movement from hundreds of persons attack.

47. *Jumping upon height*: Jumping from ground to three or four feet height with attention position. It is the exercise of agility and smartness for all persons.

48. *Pushing the wood or pipe*: Take a heavy pipe or wood of 8 to 10 feet long, lift it from one edge in front of your chest stretch your hands forward again and again from where hands, chest and neck get strength. It is natural and simple exercise.

49. *Hanging upon the tree*: It is also a simple and natural exercise simply. Children gains a good height through this exercise. Simple holding the bench of tree, keep hanging as much time as you can.

50. *Climbing upon the tree*: Climbing upon the tree is also an exercise of the whole body. If you can not climb upon a high tree, try to climb upon the puny trees which is quite simple. Monkeys are always smart and stout because they always take these exercises.

51. *Boating*: Have you ever enjoyed boating ? There are two types of boats. One type of boat is driven by hands and another by legs. Both are useful for exercising purpose. Boating is simple, natural and interesting exercise.

52. *Swimming*: Everybody knows that swimming is the best and interesting exercise of summer season. If you don't know swimming you should learn swimming in the little water.



Fig.: 24 Physical & Mental work in workshop

53. *Pulling bucket:* Pulling bucket from the well is also a useful and natural exercise and work which strengthens the hands, chest and neck. It makes more strong the hand grip. Ladies and gents can do this at any time.



Fig.: 25 Boating

54. *Parallel bar exercise:* You can see fixed parallel bars in many parks. Placing both hands upon the bar stand straight above the ground and taking hand steps one by one reach upto end. It is quite natural simple and easy exercise for hands and grip.

55. *Parallel bar dips:* Holding the parallel bar from both hands go down at once bending the elbows and come upto the same position. Do it again and again keeping the trunk straight. These are simple dips.

56. *Chinning:* You can do chinning upon a horizontal bar or tree. Hanging upon it keeping the hands apart touch your chin on the bar or bench. Do it again and again. It strengthen, the hands, chest and neck. If you can not reach up, reach half way or try your body for a little lift.

57. *Throwing a tyre:* It is also a natural and simple exercise to throw a motor vehicle tire forward or backward holding from both hands. It is useful for the shoulders and shoulder blades which is never pinned.

58. *Throwing stones:* If you throw stones by one or both hands from one place to another. It is the best exercise to remove the pain of shoulders generally occurs in old age. You can throw a light stone for away with the hands jerk like a child.

59. *Rubbing or washing the vehicle:* If you have car or jeep rub and wash your vehicle from top to bottom and then clean it by a rough clothing. You will see that in the mean while your are wet from perspiration and a new life came in your body from the whole body parts exercise.

60. *Crossing exercise:* Tie up a rope with the two trees. Now holding the rope with hands hanging above stepping one by one hand forward, reach upto the end. From this practice you can cross a drain, canal or any obstacle. It is a good exercise of hands, chest and neck. It is a natural for ladies and gents.

61. *Cutting grass:* It is also a good and sweet tiring exercise which is done by the peasant. It strengthen the hands, shoulders and legs also. It strengthen the hands, shoulders and legs also. It is useful for all persons.

62. *Sarpasan:* It is a simple and good Yoga Asan for all age people. Place your hands parallel and extending chest, look above to the sky, shooting the legs backward. It is useful for hands, chest and stomach.

63. *Halasan:* It is also a useful Yoga Asan but it is bit difficult. Lying down straightway. Throwing the legs backward above your head place them at spot. Do it upto breath in or more. It is useful or small and large intestines. It can be done by all except pregnant ladies.

64. *Dhanurasan:* It is reverse than the Halasan. It should be true after the above asan from which the intestines are stretched. It is also very useful Asan for the stomach.

65. *Chakkarasan:* It is also very useful Asan of agility and specially for belly, should done by all



Fig.: 26 Dhanurasan

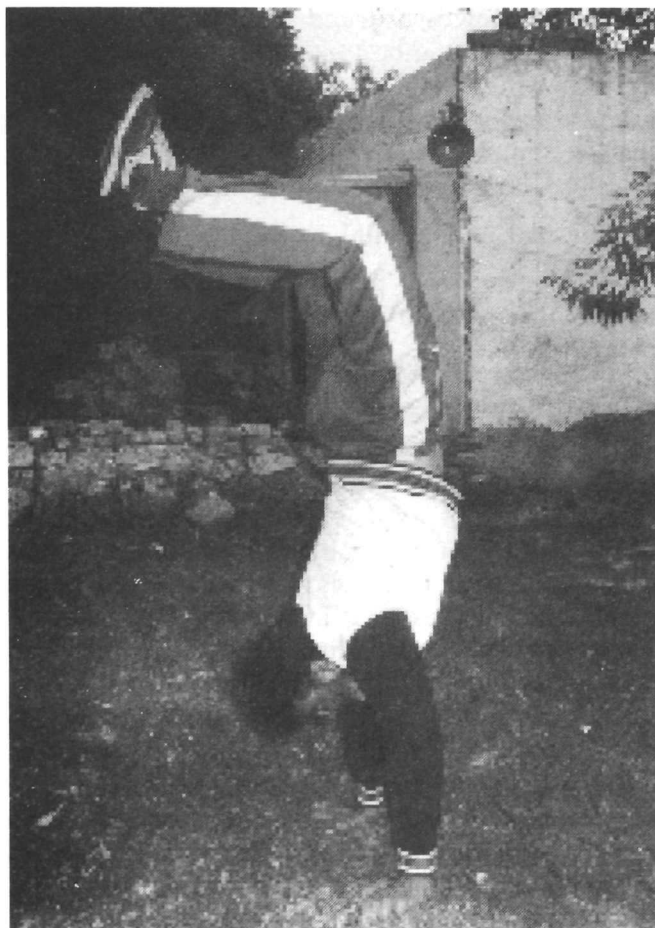


Fig.: 27 Pea-coack walk

except the pregnant ladies. Lying down facing the sky, place your both hands backward in the reverse position. Now lifting up the body strengthening your hands and legs make a body semi circle stretching the belly like a rainbow.

66. *Peacock walk*: It is very hard Asan done by the rare people, it strengthens the hands chest and neck as well as shines the face. Lifting the legs above walking upon the hands instead of legs is a peacock Asan can be done after a long practice by gents only.

67. *Virkshasan*: It is like the peacock walk in which one have to remain upon the some place. Placing both hands parallel throw your legs up taking sport of a wall or tree and remain there as much long as much as you can remain. It is also a very useful for hands chest and neck.

68. *Running upon the spot*: It is a simple natural and useful exercise for all which can be done in home also. Try to run at the spot without stepping forward or backward and soon you will cover upto one or two kilo meters race.

69. *Horse walk*: It is very interesting and agile exercise for legs to walk trapping by the heels one by one like a horse. It can be done by all ladies and gents. But at first, practice is essential.

70. *Long steps walk*: It is very simple, natural and very interesting exercise which stretch the legs. Taking long steps as much distance as you can cover. Keep your morning walk your legs and hands will be tired soon.

71. *Jumping steps*: When you walk you can take long steps with a jumping rhythm shaking the hands behind and forward automatically. It is very simple, easy and natural as well as interesting exercise for all age group people.

72. *Jumping at the spot*: Placing the hands upon the waist both side jump upon a same spot continuously without break. It is a simple easy and natural exercise for smartness which should be done by ladies and gents of all age.

73. *Jumping on the spot in steps*: It is also a simple, easy and natural exercise to make the body agile and smart. Placing hands upon the waste jumping up take one step behind and another forward and again jumping up, carry the forward step backward and the backward step forward. Do it by rhythm as much longer as you can.

74. *Bending down*: Taking attention position bending down touching the feets with hands and knees with force and then take attention position. It is good exercise of agility. Do it in double of eight countings. It is simple natural and useful for all persons.

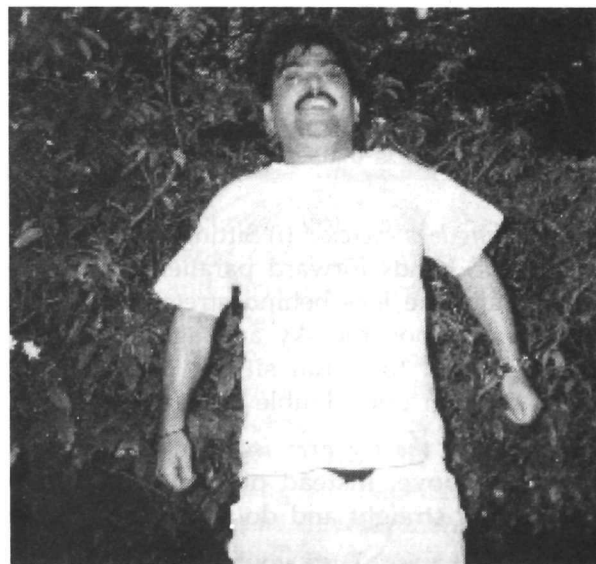


Fig.: 28 Jumping



Fig.: 29 *Jumping Step wise*

75. *Stand easy and bending down:* Take stand easy position taking the legs apart and folding hands backward bowing three times downward straightening the hands up. Do it again and again. It will provide agility to all.

76. *Tree press:* It is useful exercise to become more active. Place your hands upon a tree in front of you touch your feet from both hands touching forehead upon the knee. Do alternately again and again.

77. *Trunk exercise:* Place your hands upon the waist and take a circle of your waist from backward to forward and then reverse. It is a agile exercise which should be done daily by ladies and gents of all age group.

78. *Legs apart press:* Keeping legs apart touch feet crosswise with one hand taking another hand upon the back. Do it alternately up to double of eight counting. It is a useful exercise of agility for all.

79. *Folding legs exercise:* (i) Sitting upon the paws, placing both hands forward parallel jump quickly strengthening the legs behind stretching the chest look upward upon the sky and again folding the hands returned to initial sitting position. Do it again and again upto double of eight counting.

80. *Folding the leg exercise:* (ii) It is the same exercise as above. Instead of both legs fold one leg and other straight and do alternately likewise.

81. *Neck exercise:* Turn your neck left and right side with jerk upto eight countings. Likewise bend

your neck downward and back in another eight countings. It is the best exercise to strengthen and agile the neck. One who takes the neck P.T. exercise never feel pain or jerk in neck. It makes the neck muscles more flexible & stout. It is very useful exercise for ladies and gents of all age.

4. **Physical and Mental work.**

Our body daily prepares surplus energy by taking a diet which is used for our physical and mental work. If we neither use this energy in the body by means of physical exercise or physical work this surplus energy is exhausted by any way and it troubles the heart or mind otherwise. It is converted into fats automatically. So this surplus energy should be used for body and mind. People who are busy in physical work upto eight hours and get tired they always get sound sleep in the night and gain freshness in the morning. Likewise the people who take physical and mental work both get sound sleep. But who work mentally only cannot sleep well in the night until and unless they do some physical work, exercise or any kind of play. Likewise they can use their energy in the development of body and stamina from which one can gain self control and smartness.

Their is a limit of physical and mental work from which heart and mind should not be bored., As a result of over work one is not able to do any mental or physical work next day because he will be not able to sleep well during the night due to torture in body or mind tension of weariness. He will be bored by over work which affects the health also. In such condition one should take massage of body and head. Light agile and yoga exercises should be taken for getting freshness of evening walk and exercising



Fig.: 30 *Over mental work causes medness & heart trouble*



Fig.: 31 *Walking on foot continuously for many days sometimes becomes harmful for health.*

in park or his side is beneficial. Energetic good, fruits and juice must be taken to restore the energy. It is quite obvious that carbohydrate restores the energy soon, as the wrestlers drink glasses of juice when they have to give performance in the wrestling competition. Like wise liquor of sugarcane is given to the tired camel who plough in the farms from which he gets freshness. But mentally torture people require long walk, fresh air and conversation with the different people to get mentally fresh or to change the mind likewise they take a nice sleep at night.

Watch a fireman putting coals in the engine by both hands, working eight hours a day. You can watch a farmer working in his farm. Likewise a blacksmith working with hammer and labourer digging the whole day. All of them are tired fully and their surplus energy is used in the body but this energy strengthen their muscles which are used during work it is not the whole body muscles development. But one can strengthen whole body muscles through daily exercises only. If one feels boring during the physical work, can not gain health. He will gain health only if he psychologically feels that he will gain health from this physical work. A newly born calf of a cow digest his surplus energy by jumping and running on the spot. All the small activities like washing clothes, sweeping, walking on foot, grinding, cycling for home work, cutting of wood and legs and waist movements are more beneficial exercises for health. These activities should be done cheerfully.

Therefore, physical or mental weariness is only removed by taking the different exercises and one can take complete, deep and sound sleep and gain health.

5. Growth during adolescence.

Adolescence is a time period. When one begin to experience new emotions and feelings. Hormone is a chemical messenger that controls and regulates the growth and development of a child. Hormones helps to grow eyes, bones, muscles, arms and legs.

Not all boys and girls of ones age grow and develop at the same rate. He may start adolescence sooner or later than his friend circle. Boys usually become adolescent between the ages of 12 and 14. This is why many girls are taller and more developed than body when they are 11 to 14 years of age. Their breast and buttocks are developed and voice changed. Likewise for the boys as their muscles of legs and arms grows larger and their shoulders will broaden. Hair grows on his face and due to hormones voice is changed.



Fig.: 32 *Adolescents with gardian*

During adolescence you may begin to experience many rapid changes in your emotions. Adolescent boys and girls get energy very easily and suddenly they feel cheerful, these rapid changes in emotions confuse them. Boys and girls are sexually attracted in this age they do many mistakes during their adolescence period for which they feel regret in future. During the adolescence one feels many rapid changes in his emotions. This is the age when different developments held in the body as well as mind and one can achieve whatever he or she wants to achieve or do. Boys



Fig.: 33 *Sweet conversation after morning walk & healthy relations*

and girls, who take regular fitness exercises in this age gain fine health easily and if they attach themselves with any sport during adolescence age, become a sportsman of the highest standard. Teachers and coaches should guide the boys and girls in connection with their emotions and feelings.

Your social growth has to do with the progress you make relating with other people, friend of the same sex or opposite sex or a sense or person. Good manners always help to develop good habits.

6. Relating to others.

From the health point of view and social point of view, it is essential to deal cheerfully to others. A health lover should always keep smiling while he or she meets others. A sad or gloomy person can not gain health. Such type of habits spoils his heart soon. This universe is a fair of males, females and every body have the relation of mankind with the others to make friendship. Friendship provides a relief to the heart. Whereas enmity or jealousy is a grief or sorrow. So the health lovers should make friendship with others. The friends may be few or more, they will keep you fit. A friend is some one who makes you feel, safe and secure with whom you feel close, who helps you to feel healthy things. Who accepts you, as you are, who tries to understand how you feel and makes you happy and listens what you are saying. A friend is someone whom you can trust. A friend is someone whom you feel your belong. It is important to make new friends and to keep old friends as one is silver other is gold. In friends circle one feel comfortable with others.

Some people make friends such as cattle animals, and birds from whom they feel cheerfulness and gain health, some have close friendship with cows, buffalos, camels, deers, hairs, dogs, cats parrots, pigeons, peacocks etc. These creatures are very faithful in friendship. These creatures live together with their friends and share grief, sorrow, happiness, prosperity and help also one another at many grief occasions. Horse and dogs are considered as best and faithful friends among all. They are the faithful servants of man who watch for the safety and keep his master cheerful.

It is essential to take pity upon the children keeping affectionate attitude towards the same age of children and people the elders must be respected which is natural and essential to gain health and spirits. A health lover should adopt a friendly attitude towards humanity to abolish the

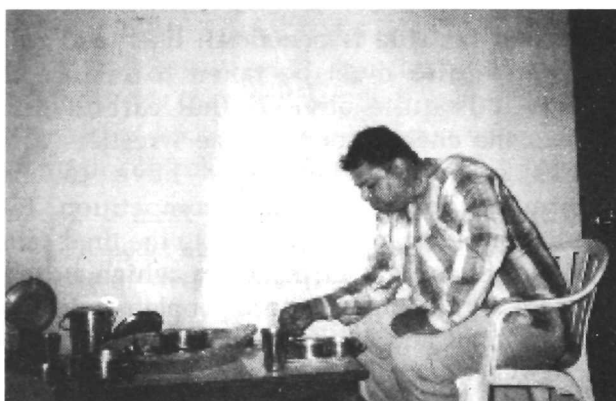


Fig.: 34 *Balance diet*

jealous thinking which is very harmful for health and society. If someone wishes to be cheerful he should make others cheerful. Thus, a true sportsman is know that who makes others pleasant. Everybody should control his language and should utter good and soviet smiling words.

7. Balanced diet and Nutrients.

Balanced diet is the base of the growth and development of the human body. Balanced diet of a lay person is quite different than that of a sportsman, labourer or a farmer. Everybody should take a balanced diet according to his age, digestion and requirement from which he or she may be able to keep his habits in usual. A habit is a usual way of doing something. Your eating habits may be healthy or unhealthy. Nutrition is the study of what you eat, what are your habits and how these affect on your health. Your body has certain needs. You eat many different foods



Fig.: 35 Fruits

that are needed by your body to grow. You also need nutrients to repair your body cells and to supply energy.

In details your body needs six kinds of nutrients. When you take these each day you will look and feel your best. Which foods provide these nutrients ? Why do you need proteins ? Proteins are nutrients that are needed for growth and repair of your body's cells. Your muscles, skin, nails and hairs are made of proteins. Foods which contain proteins are milk, cheese, wheat, gram, peanuts, fish, meat, eggs and beans. According to recent research meat has been proved unhealthy product for body and life.

Why do you need fats ? Fats are nutrients that provide your body with energy. They also help your body to store vitamins. Do you know what foods contains vitamins. Ghee, butter, milk, ice-cream and other milk products along with meat contains fat.

Why do you need carbohydrates? Carbohydrates are the nutrients which are the main sources of energy for your body. Sugars and starches are carbohydrates. There are many food that contain carbohydrates, such as cereal, rice, potatoes, bread, boddles, fruit, candy and soft drinks.

Why vitamins are necessary: Vitamins are nutrients which help the body to use proteins, fats and carbohydrates. There are many different vitamins A, B, C, D, E, K, etc.

How do minerals function in body: Minerals are nutrients that are involved in many of the activities in the body. Body needs minerals to make your muscles and nerves to work and build bones and teeth. Some important minerals that ones body



Fig.: 36 Sound sheep

needs are calcium, iron, phosphorous, potassium, copper, iodine etc.

A health lover can become healthy or stout which is scientific. One should take breakfast, lunch and dinner in time. Eatings fruits and drinking juice and milk should be taken after eating food. The dinner should be light. After dinner walk a mile and after lunch rest a while one should change the vegetables and pulses routine in the week. Who has to increase weight should eat more proteins of rice and pulses, milk and banana but to lessen the body weight milk, meat, butter etc. heavy diet should be avoided. One should keep fast weekly or fortnightly for the rest of the stomach. One who cares for the balanced diet and knows what to eat and what not to eat gains health. We must take such type of diet which can easily be digested.

8. Sleep and Satisfaction.

Sleep and satisfaction is the part and parcel of health. One who is worried and not satisfied can



Fig.: 37 *Healthy youngster due to satisfaction*

not asleep without getting a sound sleep never become healthy. During physical work and physical exercises the muscle tissues are broken and blood circulates fast. The heart and mind stop working and one gets asleep either in sitting, standing or lying positions. Doing a heavy mental work, some people get asleep sitting upon their chair and they don't know when they slept. It is sound sleep. Some one should be satisfied from his life routine. Some persons are unsatisfied by nature, neither they can sleep nor they allow to sleep others. Such people never gain health. One should get sleep at least one or two hours during day time and at least six hours in the night in sound sleep which is awarded by the nature to the hard workers only. During sleep body, mind and heart get complete rest. New tissues are formed, muscles develop, blood circulation cools down. After sleeping, energy is restored, then heart, body and mind become fresh and to be prepared for work. Children should take asleep four hours a day and eight hours during night. It is the sleep or rest which develops the body muscles, strength and weight. Such person never fall ill. But on the contrary who don't sleep well, can not be fresh. They are always surrounded by deceases, short temper as they look gloomy,

unsatisfied, unable to digest the food and unable to work or to take exercise. Such persons are only meant to disturb the society and they have nothing to do. On the other hand, the person who takes a sound sleep, looks always cheerful and fresh. They gives co-operation and pleasure to the society. For sound sleep one should keep busy in interesting activities during all day time for which the person is never bored and great satisfaction and enthusiasm is awarded. The house hold ladies gain sound sleep because they keep them always busy in house hold tasks. So ladies or gents never sit idle and keep themselves busy in the work for their fitness.

It is the sleep from which wrestlers increase their weight upto 4 or 5 kgs within a month. But the fatty persons or they who have to decrease their weight should take less sleep. Sleeping out of limit makes a man idle and dull mind from which life becomes short also. On the other hand most unsatisfied, worried, sorrowful or fully tired person cannot sleep due to tension and pain in mind and body such persons are unable to work next day. In such cases heart trouble is created in the end. Money minded, business man, patients, thieves, sexy, short tempered ladies or gents are unable to get sound sleep and they never gain health. Therefore, the health lovers should take daily physical exercises and mental routine work and should be satisfied with the daily routine to get a sound sleep.

9. Stress and Distress.

Stress means worry and distress means tension. Sometimes the changes in our body results



Fig.: 38 *Sporting Bridge two man sit ups*



Fig.: 39 *Distress is harmful for health*

from stress are healthy but at other times stress may produce changes in body that are harmful. Stress which is harmful to the body is called distress.

Today Ram have to participate in the race. He is very excited, his heart beats very fast and he takes many deep breaths. His liver releases sugar into his blood stream. Blood flows muscles in his arms and legs, the extra energy from the sugar blood to muscles will help to him. He will use these during the competition. After the race his body will return to normal position. One have to reach railway station early in the morning 5 a.m. to catch the train. One is worried about this case during sleeping time. Another is making mind for next day daily routine which is useful for life. It is stress. Thus stress is beneficial to prepare himself ready for future.

But when one is feeling much more worried and disappointed from any case. Such situation of stress is converted into distress or tension which is very harmful for health. Teachings of the elders are very useful for the youngsters, but when it becomes distress or burden upon them from which they feel giddy and their mouth becomes dry and hands get moist. It is all distress. A kind of distress, sorrow or grief burns the body or health. So, the health lovers should be kick the feelings of distress for the safety of health. The wrestlers always keep them away from distress likewise they are healthy.

10. Physical examination

Physical examination is very essential for health. A physical examination is to check your body and

gather information about you and your family. Sometimes you go to the doctor because you are ill. You should take full precautions about your health and take regular checkup to avoid illness.



Fig.: 40 *Singing dancing avoids distress*

There are some important tests in physical examination. A first gathering of health history. The health history includes facts about your past habits and health. The doctor collects all informations about your past health history. Moreover weight and height test, temperature, eyes, ears, nose, mouth and throat, reflex test, palpation or feeling, percussion or tapping, blood pressure, pulse and blood sample etc. All these tests are essential for a healthy or unhealthy person from which one gets the information about defect in these tests and their accurate treatment.



Fig.: 41 *Physical Examinations*

11. Doctors and Hospitals:

A hospital is a special place where people receive medical care, diagnosis and treatment. People who are in the hospital for medical care or treatment are called patients. Most women go to a hospital to give birth to their babies. An

accident is one kind of an emergency. An emergency is an unexpected illness or injury that requires immediate medical attention. People usually go to a hospital for such care. People go to a hospital when special machines are needed for medical care or treatment, when they have need to have surgery, for tests to learn why they are not healthy.

A hospital never closes. It is open 24 hours a day to give treatment to the patients. A hospital does not close even a holiday. Day and night, working days and holidays, people get injured and babies born in a hospitals.

In a day at a hospital for medical check up, blood and urine test is taken, all the record are written on a card. For operation purpose the operation theatre is a separate place in a hospital where surgery is done. The recovery room is an other special room where nurses check ones heart beats and breathing. They want to be certain that the person is recovering to normal health after surgery or an illness. Emergency room is a special place in the hospital where unexpected illness or

injuries are handled. A person might have been injured in an automobile accident or fire or perhaps someone allowed person or fell from a high place keep the bones and the muscles safe and sound and take exercise to develop them

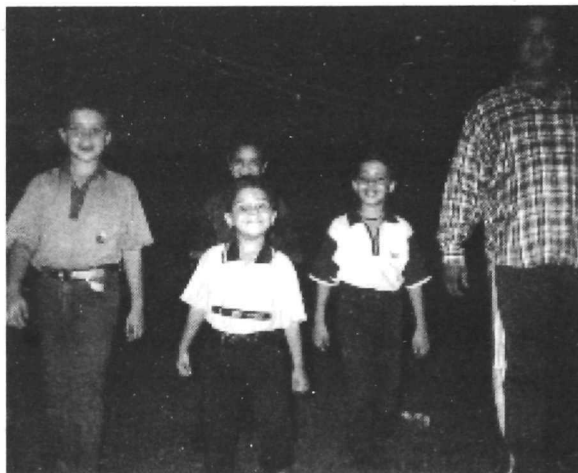


Fig.: 43 Morning walker need not to go hospitals

systematically circulatory system. The circulatory system is a transport system made up of blood, blood vessels and the heart. Blood function is to circulate nutrients and oxygen to your body cells from which the body is developed. Red blood cells carry oxygen from the air in your lungs to all cells in your body. The cells in your body used oxygen and in the process waste materials are produced which are carried out through these red blood cells and the white blood cells help to protect you from germs. Blood circulated in your body through tubes called blood vessels-capillaries, veins and arteries.

The heart is muscle which works hard, pumps blood through the body about 1000 litres of blood and beats over 100000 times. A damaged heart may not be able to pump enough blood. Body cells will not get enough nutrients and oxygen and can help to keep your heart healthy by eating a balanced diet, exercising and not smoking. Moreover cheerfulness is the daily diet of the heart.

Respiratory System: You take breathe in air which moves through your windpipe to your lungs. Your lungs contain many tiny lungs called aleveol's As blood circulates through aleveol's, oxygen separates to their blood cells. At the same time as a gas which is a waste product leaks the blood and enters the air sacs. You rid your body the waste gas when you breathe out. The waste gas is carbon dioxide. If alveoli become damaged, your

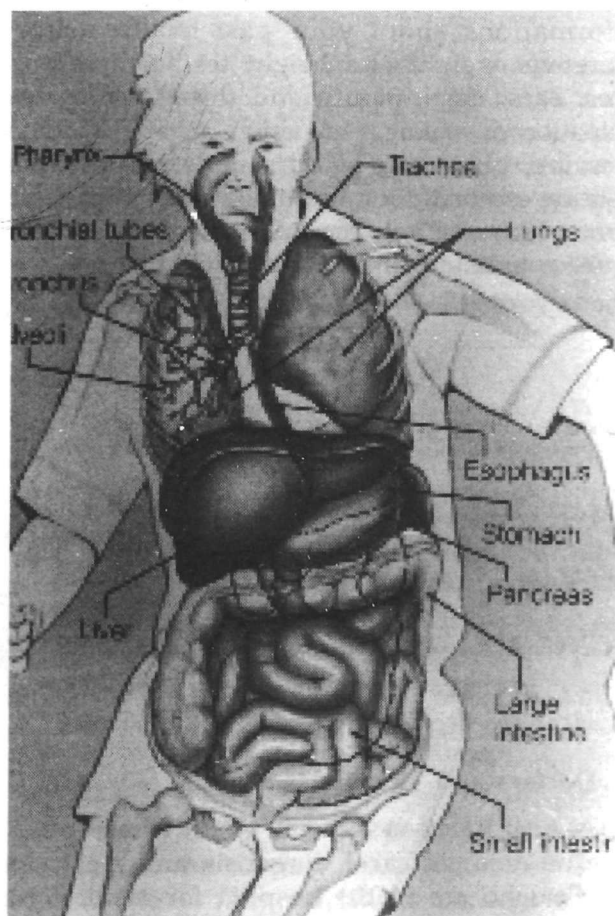


Fig.: 42 Digestive System

body can not get the oxygen. This may cause extra strain on heart. Air pollution and smoking are the main cause of alveoli damage.

Thus a healthy person should keep his respiratory system in order.

Digestive System: The digestive system is the parts of our body that makes food usable to our body. When food is taken and it is changed and it moves from our mouth to our stomach.

Though a healthy man never fall ill due to fitness by daily exercising routine. Yet he requires hospital and doctors medical aid dressing emergency or unexpected accident.

12. Body System

This topic describes the major body systems and how to take care of healthy body systems.

Nervous System: The organs of the body that act as a message make up the nerves system. These organs are composed of nerves cells. The spinal cord and the brain are important. Parts of nervous system. The brain is the mass of nerves cells inside the skull. Among other things the brain controls thinking, creating, and remembering. Brain sends message to the muscles. Nervous system controls many body activities. A healthy nervous system helps your body co-ordinate well. So he should keep this in view that nerve system may not be spoiled any way.

Muscular Skelton System: The body has a frame. The body frame is called a skeleton. The skeleton is composed of all the bones in the body. The skeleton makes up the skeleton system. The skeleton system purpose is to hold the body together and to protect many of organs inside your body. Skull bones protect the brain and the ribs protect heart and lungs.

Your muscular system is composed of muscles cells which have the ability to stretch. Some muscles are attached to bones others form parts

of Internal organs. Muscles attached to bones often works in pairs. As one muscle relaxes the other tightens. This muscle causes movement of the skeleton.

So, it is essential to remains in your stomach several hours., In the stomach digest. We juices break down the food more until it looks like a pest. From the stomach food passes into the small intestine. Digested food that the body will use passes through the walls of the small intestine into the blood. Food that is not digested is passed to the large intestine.

The large intestine receives undigested food from the small intestine. This food is moved out of the body as solid waste.

The Urinary System: Urinary system removes liquid wastes from your body. The liquid waste removed from the body make up urine.

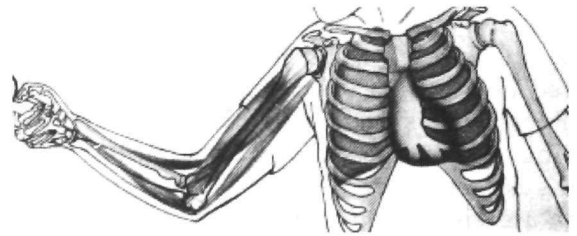


Fig.: 45 The Human skelton

Urine is made of waste products and excess water. These waste products and excess water are removed from the blood in the kidneys. Each person has two kidneys. Each kidney lies below your bottom rib in your back. As blood passes through your kidneys excess water and waste are filtered. These products are passed by tubes from the kidney to the urinary bladder. The urinary bladder is a muscular as which stores urine. When the bladder is full, there is a pressure on a nerve in the bladder. The pressure creates an urge to get rid of the urine.

Andiron System and Reproductive System: The endocrine system is made of glands in your body. These glands control many of your body's activities. They do this by producing special chemicals called hormones. Hormones are released directly into the blood stream. The endocrine gland influences other glands in your body. The adrenal glands release a hormone that helps your body to reach suddenly.

Offsprings are produced from sex cells. The male sex cells are sperms. Sperms are produced in the testes. The female sex cells are ovum. Ovum

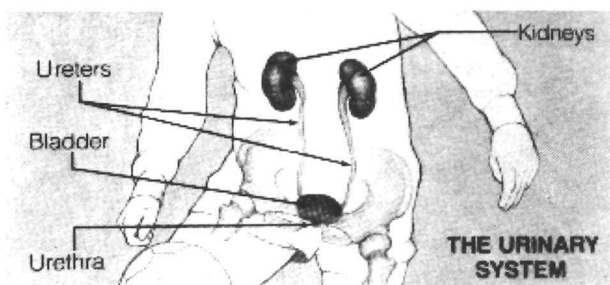


Fig.: 44 The Urinary system

are produced in the ovaries. When a sperm cell unites with ovum together they form a new cell. This new cell combines all the parts of a future human being. The union of the ovum and sperm cell is called fertilization.

Your pituitary gland plays an important role in reproduction of hormones from pituitary gland cause the testes and ovaries to develop without these hormones sperm cells and ovum would not be produced.

You have seen how the eight different body systems work. These systems work together and influence your health. You have gained some important knowledge which make you more informed about decisions that affect your body. One who is physically fit by taking daily exercises all his body systems work smoothly.

12. *How to keep five senses safe:* There are five senses which should be last up to death, sense of sight, sense of hearing, sense of taste, sense of smell and sense of touch. Suppose your ear is injured and you can not hear sounds or perhaps an illness affects your eyes and you can not see, hearing and seeing are two examples of your body's senses. Your body has three other senses. These are taste, smell and touch.

Your eyes are like a camera in that they take pictures. Sight can be affected very slowly when something happens slowly. It is often not noticed others may have illness or illnesses which affect their eyes. They may lose their sight quickly. Thus one should always take care of his eyes protecting from accidents, illness, protecting from such and fast light, avoiding dim light during reading or writing. Don't rub the eyes from hands use safety glasses for protection of hearing.

Wash your ears daily. Don't enter tipped sticks into it and avoid loud sounds. Blow your nose gently keep your nostrils open during sneezing.

Sense of taste and smell work together. During cold both senses are lost and the tongue is unable to enjoy tastes of sour, salt, sweet, and bitter. Tongue sends the messages about the tastes of food to your brain your brain interprets what you are tasting.

To protect the taste always keep your mouth, tongue and teeth clean. Avoid the tongue from hot and cold.

Inside the upper part of your nose there are special nerve cells. These nerve cells detect chemicals or smells when you breathe in or inhale.



Fig.: 46 Teeth examination

Some people lose their sense of smell. Cigarette smoke and other drugs may damage nerve cells in the nose. Some people as they grow older also lose this sense. Partial or complete loss of smell is called anosmia.

Many people do not realize the importance of smell. This sense can help to protect you. For example your sense of smell warn you from fire. You would smell the smoke, what are other ways your sense of smell might protect you?

Your skin is a sensible organ. It can help you to become aware of what is going around you. There are five different types of nerve cells in your skin. These nerve cells are sensitive to pain, pressure, touch, heat and cold.

Your brain is important to your sense of touch. When you touch something, messages pass to your brain. Your brain interprets the messages as pain, pressure, touch, heat and cold.

The sense of touch can help people with special needs. A person who can not see can learn to read, by touching raised dots that represent letters of the Alphabet. This method of reading raised dots is called Braille System. When you touch a thing from your foot, it will immediately

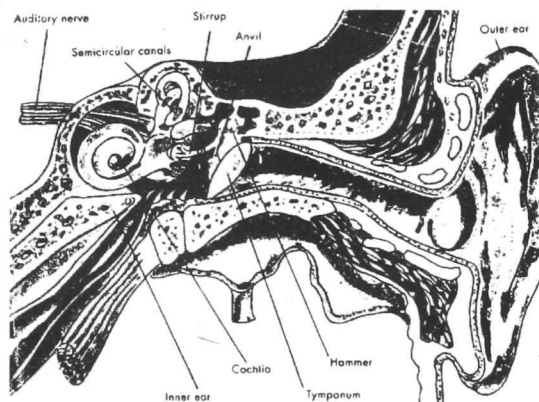


Fig.: 47 Ear parts

certain you about it. The touch either it was a ball, pot, snake or rat.

13. Cleanliness.

Nobody can be healthy who is dirty. Cleanliness is next to God, it is said by the people. Mental and physical development is impossible without cleanliness. One who is not clean, his mind can not be clean and without fresh mind, nobody can be healthy. Some people take the meaning of cleanliness to wear clean clothes only and they wear clothes after washing mouth, hairs and hands. It is essential to wash the whole parts of body systematically from top to bottom and then one should wear the dress. Some people avoid bathe during the winter season. In Western

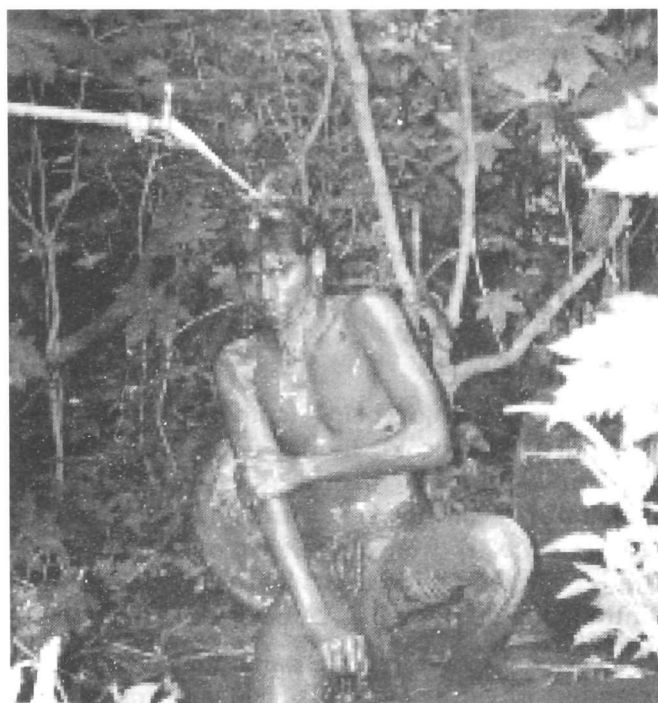


Fig.: 48 Cleanliness Bathing & cleaning clothes

countries where ice falls during the whole year people have a towel bathe. But Indian have a daily bathe in the morning. Some persons take bathe in the evening too. During the bathe, rub your body evenly using soap and pure enough water upon the body to washout all the dust. Whereas in the summer season use plenty of water to remove excess of heat and to become fresh. In winter season the fresh water of well or a little hot water should be used. After bathe body should be rubbed with a towel. It is better to take a bathe in a river or swimming pool in the summer season, as swimming is a best exercise. Taking

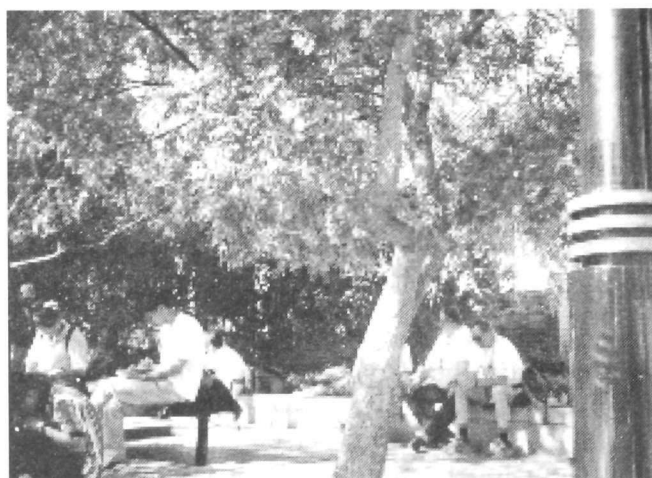


Fig.: 49 Cleanliness

massage before bathing is a good habit from which skin become soft and shin and the hair of the hands, legs and body are vanished. It gives freshness to mind and body both, that is why wrestlers skin becomes shining as they use dust upon their body. In India alone there is a tradition that without taking bathe taking the meals is considered very bad. Bathing recovers respiratory system, digestive system, body and mind freshness, nerve system, thinking, pleasant mood and sound sleep. Any way. All the parts of the body may be cleaned. Nails should be cut shortly. Well shaved or having hairs and the beard combed. One should clean his teeth tongue and throat. Always clean the hands and legs including mouth before taking meal. Ladies should clean their hairs daily or two times during a week. A human being should make his body clean every day as the birds and animals take bathe or when one has ever a chance. And gents should wear the clean cloth, if not pressed. Homely, playing or official dress, all the dresses should be different and cleanly washed by himself. The cloths washed by washerman or laundry are not much useful for health, only warm and heavy cloths may be given to laundry for washing. As in summer one should use cotton cloths and in winter heavy and warm cloths. In olden days people used to wash their clothes on Sunday only. They wear the same cloths upto a week. But now a days people wear the same dress for one or two days only. More clothing is a burden to health. A healthy person should keep only two pairs of each dress. A underwear and towel should be always clean, the sleeping spot should be clean and airy for deep sleep.

Moreover, the bed of a healthy person should clean in all respects and it should be according to the season. Thus a clean person is always looks charming, cheerful and smart on the contrary a dirty person looks bad gloomy and idle. When all the creatures try to keep themselves clean and they look clean likewise human being should always take care of cleanliness for better health.

14. Massage.

Massage is an important aspect of health. It is process oiling the body like oiling a machine. If we oil a machine regularly it will last long likewise it is the body. A healthy person should oil all the body from top to bottom before taking exercise or bathe. Then the body is rubbed in a systematic way by himself or other person. Massage of the different parts of the body is done separately in which massage of fore arms, wrists, fingers, chest, neck, back, waist, things, legs, head and forehead is altogether different as the massagers know. Rubbing is also a exercise which warms the body soon in the winter also. Wrestlers should use oil upon their body daily regularly before practising in the soil arena which is quite useful for them. Others can take massage of oil at least one hour before taking the bath. So during this time they should wash their cloths or washing the house or sweeping which becomes. The automatic body exercise even in the winter season one is sweated and the body is covered with dust and dirt. After cooling down the body one should take a bathe with plenty of water removing the dust and oil by means of rubbing the body with the use of soap. It should be become a habit and after few days such person gains health easily. Massage removes dirt and hairs as well as removes tiredness of the body, sore of the muscles, it shines the skin and strengthens and softens the muscles, purifies the blood, righten the nerve system, lighten the mind borenness, pours cheerfulness and freshness. Massage gives peace of mind and will power as well as self control. It is massage which gives longevity.

So the health lovers should take massage daily or twice a week or fortnightly in every season accept the rainy season from which one feels healthy and fresh. There are the specialist of massage you can see them wandering in parks or on roads and gardens who do massage on payment. Some people take a dry massage from which body and mind become fresh. Some one take head massage daily to make the mind fresh

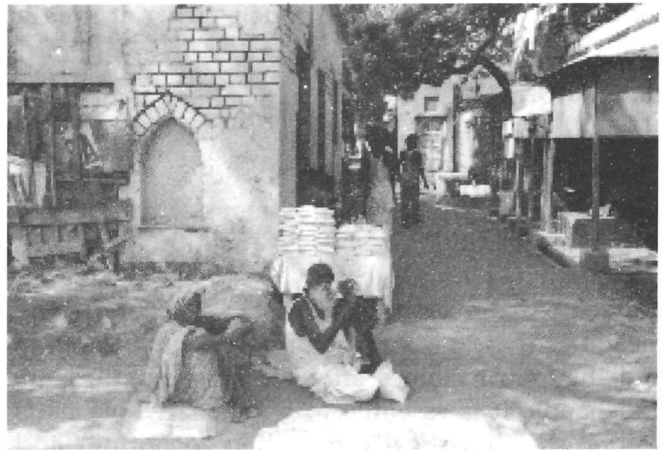


Fig.: 50 Dirty people

mental work while others like labours, farmers, wrestlers, players take a special massage sometimes in the evening and take a warm bath to remove tiredness of the body. For massage one should use the bitter or coconut, liver oil which is best to rub upon the body. During the massage you can wear a lion cloth, underwear or towel upon it, wearing towel upon the underwear is useful and charming also. Therefore, the health lovers should make a habit of massage before taking a bathe which will be beneficial to body and health.

15. Heat and cold

Few people enjoy being temperatures that are very hot or very cold. Indoor temperatures often can being outdoors during all seasons outdoor temperatures can not be controlled. Many people suffer needlessly from the effects of extreme heat and cold although the weather can not be controlled, but effects of weather can be controlled.

Heat cramps are muscle pains that result from extended physical activity. Heat cramps occurs



Fig.: 51 Oil massage

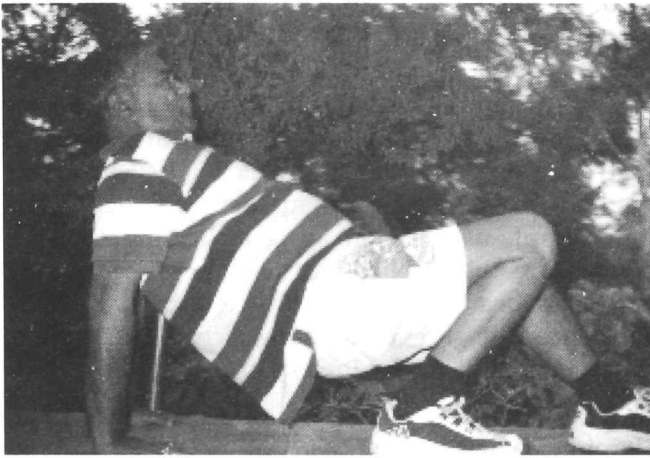


Fig.: 52 *Walking on fours after massage*

during warm or hot temperatures effected muscles feel tight and painful. Heat cramps many also happened when much salt of the body is lost through perspiration. Heat cramps can be treated easily. Rest and inactivity are important for that. But heat cramps caused by loss of salt can be removed by taking a spoon salt with a glass water with or without lemon. Gentle stretching of the calf muscles is also needed.

Moreover, heat exhaustion is a physical reaction to warm temperature for too long a time. It is usually duet to extreme physical activity and swetting while in a warm temperature. The signs of heat exhaustion are pale, cool and damp skin. Heavy swetting will also occur.

Curse of the heat is prickly. Prickly heat looks like little raised dots upon the skin due to hot weather. It can be removed by bathing from cold water two or three times a day. Keeping the body dry and dusting with medicated powder.

Many people are affected by sun burn each year. Too much of sunrays are harmful which can cause skin cancer to avoid sun burn one should be safe from sunrays during noon in the summer or hot winds. Zinc-oxide and other lotions or whittled of blocking the sun raises, severe sun burn can cause fever. Medical help is required for the treatment.

Extreme cold may also effect your body. Forestall is an injury the part of your body due to freezing temperature. The most effected parts of the body are the ears, nose, hands and feet.

The frostbitten part of the body should kept in the warm water for half an hour. Making it dry, keep it warm and it should be checked by the doctor.

Hypothermia is a condition in which body temperature is lowered. This is due to cold dampness and wind. This condition can occur at temperatures above freezing or Hypothermia is caused due to wet cloths or cool winds tiredness or poor muscle coordination. The patient should be covered by dry cloths. Sitting with the fire rapping in blanket us hot drinks or get medical help quickly.

16. Drugs Alcohol and Tobacco.

A drug is any kin of chemical which changes the thinking and feeling after using. A depressant is a drug that slows the arc of body activities. Stimulant is drug which speeds the body's activities. They can cause the heat to beat too fast. A Hallucinogen is a drug that affect a persons senses. People who use hallucinogen can see here touch, taste and smell things that do not really exist. When smoked, maryeena can affect a persons senses, thoughts and feelings. A doctor know how a person's body works. The doctor knows the kind of prescription drug which your illness required over the counter drug or OTCS are used to treat problems such as occassional headaches and minor aches and pains. Asprin is a common O.T.C.

Alcohol is a depressant drug find in beer wine, whiskey and some other drinks. Hard liquor contains as much as 50 percent Alcohol. Alcohol enters the blood stream mostly from the stomachs and small intestines. If a persons stomach is empty some of the Alcohol will pass quickly into small intestines. If there is food in the stomach, Alcohol is not passed quickly into the small intestines. Alcohol will enter the blood steam more slowly fro the stomach then from the small intestines. A person who drinks whiskey may begin to feel



Fig.: 53 *Safety from Sun*



Fig.: 54 Summer season clothing

effects of Alcohol sooner than a person who drink a wine.

So a health lover should not use wine or whiskey from which health goes down. One lost, the senses, when wine affects the digestive system, blood circulation and muscular power which can be dangerous to the life.

Every persons know that cigarette smoking is harmful to the health even then they keep smoking due to habit from the every age. A habit is



Fig.: 55 Drugs, Alcohol & Tobacco

repeated again and again which become a complex. Cigarette smoke spoils lungs and lung is very important part of body. It causes cancer too. Cigarette smoke contains over 1000 different substances. Man of these substances are drugs as with other drugs, you can develop a psychological dependence to the drugs in tobacco, Nicotine is the example of stimulant drug in tobacco. When a smoker breathe in Nicotine changes occur in body and heart beat is increased. Tar is a brown, sticky substance in cigarette smoke, which causes cancer. It causes liming in the lungs also.

Likewise the use of Opium, Bhang, Ganja, Heroin, Smaick is very harmful and dangerous to the life which should strictly avoided from health point of view. Moreover, present liquors even the tea and coffee are harmful to the health. A health lover should take tea or coffee on some occasions.



Fig.: 56 Drunker lying on the road

Think about some of the things you need to be healthy. Some of these things are clean air to breathe in, food to eat and water to drink. Some times air water and food are affected by pollution if so your health may be harmed. So a healthy person should try to make his environment full of fresh air having a lot of quantity of oxygen in it. Peepal and Neem trees pours much of oxygen. One should take clean water and fresh food for health. Moreover, noise pollution also effects health from which one can not think or sleep well.

17. Play injuries

During playing, walking or running time you may be injured which is very common. Some persons fall from cycle while others from the



Fig.: 57 *Play injuries safety of knee*

scooter all is common. You also remember that you have injured during playing time or in general.

A scrape is a wearing away of the outer layers of skin against a hard surface. A scrape usually results from a fall and parts of body usually scraped are hand, elbows, and knees and scrapes are very painful. Wash the scraped area cleanly dry it and place a banded. It will recover naturally. Most scrapes are prevented by wearing pads, knee caps and endates in elbows.

Many people get cuts during playing by falling against a fence or step on a sharp object and there are many other ways cut occur like scrapes, cuts should be cleaned. A shallow cut can be washed with soap and water. Try to stop bleeding by hand pressure or any way and get medical treatment. Most cuts can be prevented by making sure that area of playing is free from hazards such as broken glasses.

Another injury is a sore of muscle which is caused by over exercise of the muscles than the sore muscles are not a serious injury yet they are painful. Through proper training muscles can be made ready to work hard and not be sore. So muscles can be relieved by applying warm, moist, towels to the painful area. Taking hot shower or bath will also removes the pain. These treatments should be repeated when needed. Sore of muscles is also prevented by increasing the exercise in a regular way and hot stones.

Fingers, elbows, knees are the body parts that bend at a joint from which one can move. Sometimes a joint can become injured. One type of injury to a joint is a dislocation. A dislocation



Fig.: 58 *Winter clothing*

occurs when a bone is forced away from a joint. Dislocations are common in many sports. Fingers are dislocated in basket ball and volleyball while elbows commonly in boxing and knee joints in wrestling and football are very common. The dislocations should be located at the same time immediately by an expert. Generally finger dislocation are set right by pulling the finger and elbow dislocation by holding the elbow from downward pulling it straight and bending it upto the shoulder. Likewise lying in flat position stretching the injured leg putting standing hand palm upon the porch bend it upto the buttocks. Then rapping a tight bandage putting a coin upon the dislocated spot. Likewise rap the tight bandage upon the another dislocation and cold packs should be applied afterwards to the area. Dislocations are also avoided from the proper wearing like knee caps, anklets on elbows, handkerchief upon wrists and threads upon fingers. One should wear the proper shoes while running and during the game. Moreover proper training avoids injuries and dislocations. One should always wear a track suit, shoes, socks, lion cloth during running, walking or doing a sport. Thus every team sport requires special equipment properly. Loose fitting equipment can also cause injury.

18. Record and end of life

Every body desires for happy and long life and eagerous to live with his children. But those who develop unhealthy or bad habits are always surrounded by health problems, sorrow and die early without enjoyment of the life. Unhealthy people mostly dies due to T.B., Asthama, Cancer, heart Attack and so on. Many drunkers die by accidents. If you want to live long without illness forgetting the previous record start thinking for

health and make yourself bodily fit by beginning the morning exercise. From today observe the others how they are keeping them healthy and try to copy them. When your habits will be changed, you will meet the health soon. With the good company you can kick the bad habits and good healthy habits will cover you. Healthy people lives almost 100 years and dies pleasantly after a great satisfaction of family life with son, daughters and grand sons. A healthy person is an ideal for the society and generation. But on the other hand an unhealthy and ill person who dies before 30 or 40 is a bad example and bad record for the same. Generally, children try to copy their forefathers and they never forget their family record. But the examples of unmarried persons are there who leaded good lives in the field of political, social or religious ground and died after a century. They are good examples before the society. Any way every body should wish for good health and longevity. He can find ways to be pleasant if he is healthy. But a man who don't try for health and enjoyment and long life he is foolish.

As far as the old age and death is concerned of the people automatically learn to live in old age with or without his companion. In such age the youngster and children try to go away and the elder gains less help. Likewise he or she becomes habitual to live together. There are some examples when a wife or a husband can not live far from each other for 30 minutes too. If the wife dies he becomes habitual to live alone or if husband dies she lives alone. Otherwise, the widow or widower seeks a companion or company to enjoy his rest of life. It is found that in the comparison of woman, man is more carefree who can live without woman but a woman can not do so and this is the reason that women dies soon, after the death of husband. But from health and generation point of view a lady or gent should not forget that they have family and the relations with the society for the same they should form the idea to live long with fine health because every body should keep good record of life for ideal example before the society. Every body is afraid of death. But from survey it is concluded that the persons who returned from death point say that death is peace, heavenly light and deep darkness as they felt. But when they returned to life again they felt a bit sorrow and then they lived pleasantly for many years without fear of death as they have seen the death from near. When the

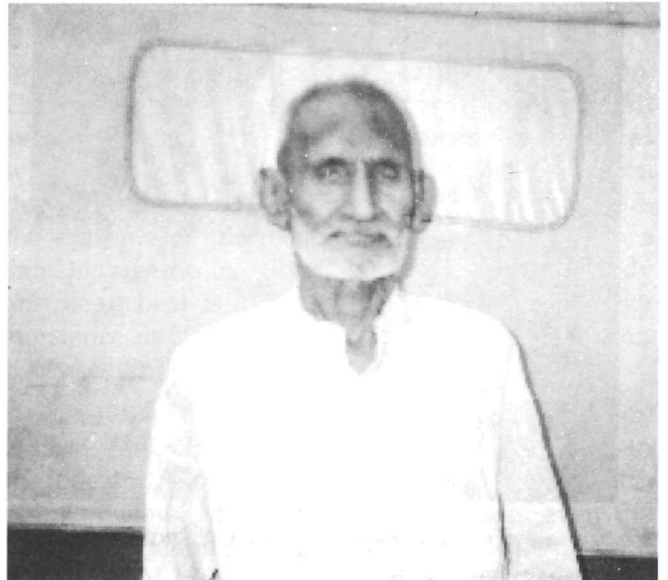


Fig.: 59 Old age Singlan

man is about to die he or she at first recall his favourite companion and at that time he is willing to say all reality and if some one listens e is very much satisfied from it.

At the time of death some people want to die at home instead of hospital. So others should fulfil the wishes of a dying patient, what he or she says. Every elder wants a peaceful and calm death without any illness or accident. In Vedas, it is said that a healthy and self controlled person can win the death and he leaves alive when he wishes.

Keeping all this in view, every body should reform his life record for fine health for real enjoyment of life which lasts, long which have some meaning otherwise to die like a dog is not a life.

WHY DID INDIAN WRESTLERS NOT AWARDED OLYMPIC MEDALS ?

In wrestling every country has awarded the Olympic Medals except India. Only one Olympic award a mere Bronze Medal was snatched by a Indian wrestler named K. D. Yadav, in 1952's Helsinky Olympic. In broad sense, after 1896. Athens Olympic (1st Olympic) no award was earned by Indian wrestler there in hundred year's time. In this Olympic heavy weight wrestler Suchumann of Germany got Gold, whereas George Tritas & Stephen Christopoul both of U.K. earned Silver & Bronze respectively. U.S.A., U.S.S.R., Japan, Turkey, Finland, Sweden, U.K., N. Korea, Hungary, Swiss, Mangolia, Canada, France, Romania, Yugoslavia, FRG, GDR, Estoria, PRK,

Belgium, Poland, Cuba, Italy, Australia, Syria, Czechoslovakia, Korea, Denmark, Poland, Greece, Egypt, Estonia, Ukraine, Libya Mexico etc. are countries which are having number of Olympic wrestlers and scored many Olympic medals. The question raises, why does Indian wrestlers are retreated, Why they have not awarded any Medal? Every man has different answer of this question. There had been done great discussions in Sports Ministry. Olympic Sanghs, Wrestling Federation and 'Khalifas' planned to earn maximum awards. New operators and coaches are appointed to train the wrestlers but in last all wrestlers come back with empty hands from Korea Olympic 1988.

Nobody has sought out the thing, why Indian wrestlers couldn't succeed to earn Olympic award? I feel that there is a fault lying in our programming and administration. If we sought out and eradicate the existing fault, there is no reason that we couldn't succeed to earn award.

There are number of wrestlers and 'Akharas' in this vast populated country. The fault is lying in wrestler's ego their officers, parents, khalifas/ustads, editors and Government etc. They are not sincere about awards, otherwise there is no reason of retardation of our wrestlers. They are not bothered in four years and in the last movement try to snatch award which is not fare practice. Is it not true that way is existing in wants of man? "Errors like straws upon the surface flow. One is in search of truth must alive below."

We don't provide suitable environment and programming to our wrestlers in four years so that

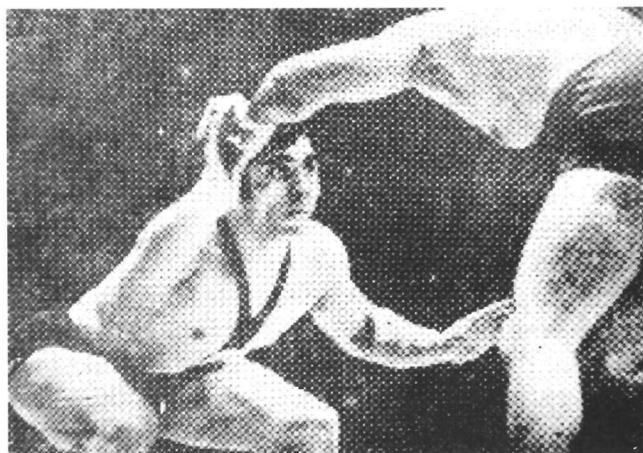


Fig.: 61 Olympic bout Dietrich (Germany)

they can compete with others. There is a record that the president of Wrestling Federation would only be that who supports the office bearers of Federation, although who doesn't tied in his life or who is not aware about the game, but he should be a rich man. All Office bearers of Federation want to secure their seats only. Such coaches go with teams who electorate the Federation even they don't know any thing about wrestling. The advisor of Wrestling Associations of states are also those who even doesn't know the A, B, C, of wrestling moreover. India is having only one team for Olympic, Asiad, Commonwealth, Continental Competitions etc. Competitions, on the other hand other competitor countries are having 5-6 teams ready any time. India is single wrestler face the competition of 5-6 different competitions and once he defeated, he defeated every competition and sit down harshly. Our officers search out the next wrestler whenever the 1st diminished off. If we could not have 5-6 wrestlers team in Que. We should stand in que 2-3 teams of wrestlers every time ready. Every team should have opportunity to go outside competition, so that they can prepare themselves for big competitions. India is having only one team and in this team wrestlers will only be those who fill up pockets of Federation Officers of having relations with them. The only coach and referees of outside with teams who are flatters of the Federation Members. The Milestone of Olympic is Mini Juniors Wrestlers who are not considered fairly in the time.

If we provide opportunities to our younger wrestlers, I am sure they are not less then other wrestlers in spirit. The discipline of our National Wrestling is also poor in our schools and colleges.



Fig.: 60 Hind Kesri Bhagat Singh (Oriental Style)

We should consider over it. Now take the example of wrestler who have just awarded a mear 'RUSTAM-E-HIND' award concentrates his mind only to make much and more money. His luxury wishes dumps his wrestling ambitions. Parents also forget about wrestling they also went to make their child Multi millions most a perfect wrestler. When we come to 'Press' side, editors useless ups and downs about wrestling as well as about wrestlers. There was a time when 'Akharas' (arenas) run and prosperous in earth the and mud. Now the 'Akharas' running only in the News Paper and the News Papers are publishing irrelevant things collected by trainee editors. Every Referee Coach and others related persons sold in the hand of superior leaders.

People doesn't know the actual position and doesn't have a clear-cut picture of it that's why they are not much bothered about this. The coaches and 'Khalifas' does not devote their duties towards wrestlers do not practice. They waste their time in shopping and others. Now tell me, without practice, if a wrestler jumps in Olympic, can be earn even Asiad award ?

As I told earlier the faults is lying in our Administration and planning. First we have to organize proper environment of wrestling in schools and colleges. We should promote school wrestlers in college wrestlers at university levels, University wrestlers in Senior, Senior to National and National Level to International Level. Thus we could sought-out the best wrestlers who will definitely bring the Olympic awards for India. Our



Fig.: 62 Oriental style Title Holder & World Prlice Gold Medalist Bhagat Singh

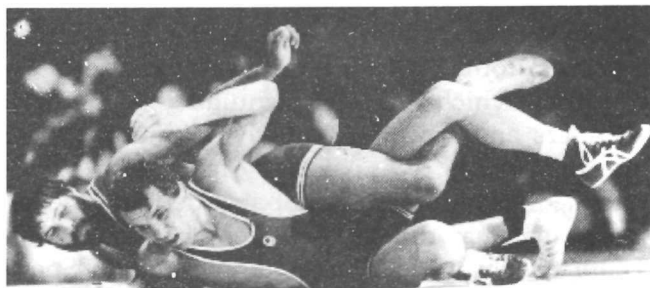


Fig.: 63 Asiad wrestling Rajendar (India won gold)

wrestlers practice on mats but the final round complete on roof/mud. There is not programming of central Govt. to arrange any competition except National Championship for the whole year.

Every person should manage to prolong his spiritual and physical qualities. He should maintain his health strongly. Every wrestler should devote his sole and physique in wrestling not in sexual things. The entertainment of a wrestler should be of wrestling only not sex. A wrestler should remember that there is no example of a best wrestler who was in love of any kind of attraction except wrestling and he has no strong enthusiasm in achieving his goal than an expert strong wrestler. A true wrestler should live with love of wrestling not with love of sex, because it diminishes the muscles and hormones.

A man who want to earn his name in the field, he should be fully devoted with to that goal only. He should hate with sex in spite of a man who love sex. A man should think about sex after his marriage only.

A wrestler should bewed locked in time otherwise the child of that wrestler would generally be female because the swed diminishes jarasins of a man which plays major role in creating male child.

The other thing which should remember to a wrestler is that he should avoid Homo-sex also, which is international problem now. Therefore, a wrestler should concentrate his mind in wrestling and other fare cultural things.

HOW TO BECOME AN OLYMPIAN WRESTLER?

1. Background of Olympic champions.

You would have seen many animals and birds fighting together pleasantly just like that human



Fig.: 64 Some Asian champions (India) *ganpat, Bishambhar, Malwa, Marutiman etc.*

have nature of fight. If a man does not fight physically, he quarrels with the views. It is also fact if he is physically strong he will show his spirit at any time on others. Strongness or physical fitness can only provide a man all type of plasmas or say every thing is for a strong all type of plasmas or say every thing for a strong and not for the weak. The man invented and developed many fighting arts like Judo, Karate, Kungfu, Jujutsu, Sumo, Catch as Catchcan, Kushti, Chukhe, Barba, All-in Style, Traditional Style, Sambo, Glima, Cumberland West Moorland Style, Devan & Cornwell style, Sambo, Indian Style, Free Style and Greco-Roman Style and soon having their background and history concerned to different countries in which Free Style and Greco-Roman Style Wrestling are most popular in the world which are being organised in Olympics and World Wrestling Championships under the auspices of International Wrestling Federation FILA. This Free Style and Greco-Roman Style Wrestling is a refined shape of Indian Style Wrestling or oriental style which was given the name Free Style and Greco-Roman Style by a American Collegiate Athletic Committee in 1904. The Indian Style Wrestling has its own history. It was fully developed during the Mahabharata period before 5000 years as Lord Krishna was the master of wrestling and one can find the Indian Style Wrestling techniques and holds in Harivansh Puran and Mahabharata which are in action now a days also. Any way Free Style and Greco-Roman Style Wrestling the refined shapes of Indian Styles are adopted by hundreds of countries attached with Olympic Wrestling. We all know that Olympics are

staged after a gap of four years and thus becoming Olympian Wrestling champion have become a healthy competition among the world countries. The majority of the world is attracted with Free Style and Greco-Roman Wrestling. Thus every body is impressed with a healthy lady or a gent wrestler. After a glimpse of a Olympic Wrestler person feels to be like him for a while whereas the others wish to make their kids such like that. Though the body builders body is more sound than a wrestler yet a wrestler's personality is naturally much impressive due to his bravery and fitness. To become an Olympic Champion is now a days, a competition organised among the world countries. America, U.S.S.R., Iran, Japan, Bulgaria, Turkey, Finland are the top countries in olympic wrest.

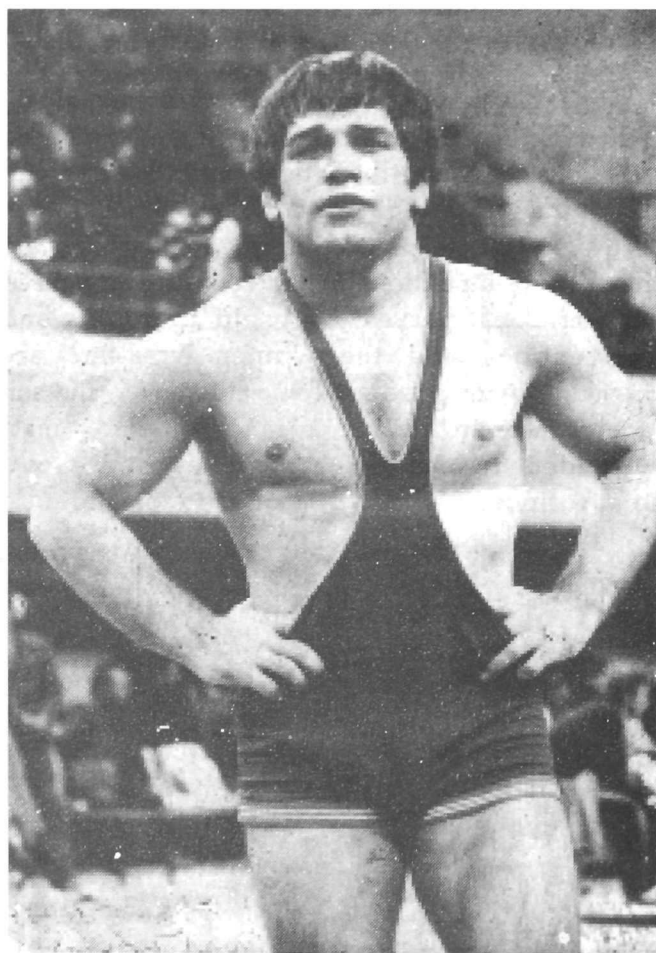


Fig.: 65 An Ideal Wrastler & Post Graduate Teacher Musan
Abdul Muslmov European Champion (U.S.S.R.)



Fig.: 66 K.D. Jadhav the first olympion of India

In India there are thousands of arenas of soil where Indian Style Wrestling is being practised with old rules and the wrestlers are least careful about the mat wrestling. Due to hot climate Indian Wrestlers like to practice in oiled soil arena and have the competitions in the countries organised through out the year with old traditions and conventions and the winner wrestlers are honoured with prize and cash. Moreover, the soil arenas there are almost 50 France or Sweden mats provided to the private arenas and Govt. Institutions by Sports Authority of India to

develop the Free Style Wrestling and to secure medals from world as well as Olympic Wrestling and no doubt India has topped on World Junior Wrestling many times and secured many medals from Asiad, but in seniors unable to secure, Olympic medals from Olympics after K.D. Jadhav. So to become World or Olympic Champion is the motto of the different countries as India is much more conscious about that, so here we describe the means to become the Olympic Champion.

2. Fitness

Not only for wrestling but for all games also the child must be physically fit. Physically unfit child is not able to stand in the arena for wrestling fight as having danger of injury, fracture or dislocation. Wrestling is very tough and hard game. For wrestling a child should have stout hands, legs, chest and neck., A child below 10 years may be admitted in the arenas must be given the automatic, natural and soft exercises and games of his interest for his body development. In the morning and evening period they should be kept playing particularly rough football without rules. By such type of playing football he will be able to run and will get the exercise of legs, trunk and body will gain the stamina. Moreover, he can play hand-ball which is a good exercise of hands and chest for the beginners slow race, light P.T. exercises throwing ball rolling, frog walk, dog walk one legged walk etc. soft and natural exercises are best for children's fitness. He should be given fitness exercises for at least two years. During this period of and on allow him to play in the arena. When his hands, legs and neck become fit heavy be given practice with his age and weight group children keeping safety of their neck in view.

Some children are hereditarily stout and some become stout by doing physical work. It is the duty of the mother to make his child physically fit by means of playing and physical exercises. For example we have ever seen a puppy of a bitch how the bitch and the dog teach him running playing and fighting, thus they make their child physically fit. Likewise a cow teaches his calf running and jumping all that by copying her. Likewise from exercise calf becomes physically fit on the other hand he take mothers milk as a balanced diet. You may see the monkeys and birds all train their kids in physical exercising and diet. Thus animals and birds are more vigilant to make



Fig.: 67 Best olympian of the Era Medved Alaxander (USSR)



Fig.: 68 Cow's affection with the calf for growth during milking

their kids physically fit in the comparison of man, their generation is more healthy. If the children have been given proper fitness and proper coaching from the beginning they can secure medals from Olympics. No doubt previously Indian Mini Junior teams have established record in the world Wrestling Championships and secured upto gold medals. The children should not be given tough and rough exercises by which their growth is stopped and they feel boring. They should be given such flexible exercises by which their body, height, mind and courage would develop. They must be taught about wrestling in simple and interesting way. They must be encouraged by publishing their photographs in magazines, so that they don't fed up with this game.

On the other hand some boys of over age start wrestling. Thus, they have to be kept under fitness training upto a year at least to enter in the arena, at once entrance in the arena is harmful. They must be given physical exercises according to their age to strengthen hands, legs, neck, chest, wrist, fore-arms like chinning, moving dumbbells, squads with dumbbells, simple push ups, sit ups, frog walk, digging the soil arena etc. When he becomes physically fit and is able to stand before his contestant in the arena lest he is not injured or his limbs may not dislocate, then start to coach him. Thus every new comer must be kept under physical fitness training for a particular time which is must in wrestling.

3. Practice

Practice is the base of developing wrestling and every wrestler should practise daily and devote three hours in the arena from sunrise to onwards

is the best time for wrestling practice. So he should to awake at least one hour before the sunrise. After a waking and completing his daily routine he should have a slow race on the road upto two or three kilometers, thus for warming up the body. After warming up, the wrestler should enter the arena for practice. First, he should practice with equivalent wrestlers and afterwards with weaker wrestlers. He should frequently apply the holds without any hesitation being fall or flat. Sometimes he should wrestle with the strong and heavy wrestlers also. But if there are no equivalent wrestlers he can practice with two or three chaps sitting himself downward from which he gets satisfaction to some extent. It is hard fact that most of the Indian wrestlers are habitual to practice upon the soil arena though they have been provided the wrestling mat and mostly in the summer season all of them like to practice upon the soil. But the Europeans, Americans, Russians, or the cold climate countries other than the hot climate countries practice on the mat concentrating the Olympic Competition. Asians are not able to leave practice on the soil arena thus they don't want to leave the soil and professional competitions of oriental style thus they are least careful about the Olympic medal most probably Indian Style Wrestlers earn a lot of money from Indian Style Wrestling Competitions so they are more



Fig.: 69 Digging soil arena



Fig.: 70 Practice in soil (Oriental style wrestling)

interested in their own style. Thus they should practice upon the mat upto four months and eight months on the soil. Likewise we can divide this period of practice such as from 1st Oct. to 31 March upon the mat and 1st April to 30 Sept. upon the soil for Indians. In the winter season Indian wrestlers practice in the evening and in summer they practice in the morning. The morning session should be three hours after the sunrise and the evening session three hours before sunset. Wrestling practice should be done wearing the proper wear in soil and wrestling shoes with socks and wearing costume on the mat. But generally it has been seen that Indian wrestlers take practice bare footed even upon the mat from which one can know that they are not careful for the proper kit. Moreover, modern Olympic techniques, points system, weight control etc. must be taken into view for Olympic wrestling. There is much difference between Indian Style and Free Style Wrestling. But at present the newly (masters) formed body FIWA has refined the rules of soil wrestling and likewise oriental style is cheap & best and many countries have become the members. International rules are refined make the Indian wrestling equivalent to the mat wrestling firming same rules of FILA in connection with weight categories, duration of the bout, points, system, contain for speed and all that. It has been done to solve the problems of the wrestlers and wrestling of hot & cold countries. Taking in view this type of soil wrestling could be best aged in Asia at least. No doubt in hot climate countries practising upon the soil arena is beneficial for the health from which body and face shines, skin disease abolishes, maintains piece in mind and body as every wrestler and animal will like to play in the wet sand or soil contains power told by Indian Khalifas. After massage-oiling practising

in the arena is very pleasant. But the participants of the Olympic should practice upon the soil with fast speed taking the Olympic in view. It is good to practice under the guidance of coach. But it has been seen that there are some examples that some wrestlers have become champions without coach as in the presence of the coach they feel giddy. Anyway after wrestling practice a wrestler should take exercises to develop his thighs, calf muscles, chest, hands, neck, wrist plus waist exercises for which parallel bar push ups, chinning, moving dumbbells, dumbbell squad, moving the



Fig.: 71 Wrestlers under coaching of the author (soil wrestling)

leveller, sit ups etc. are best exercises. It has been seen that squads and pushups spoil the joints of a wrestler so he should take these exercises in less quantity. After this a wrestler should practice his favourite holds which is called imitation. Daily

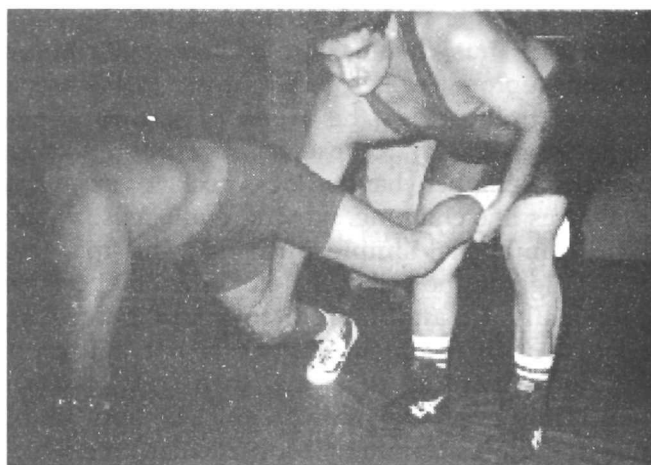


Fig.: 72 Mat wrestling

imitation is essential for a wrestler and if and day he is not willing to practice he should practice the holds but he should bound to sit upto 3 hours in the arena after practice running with the weight upon the back to strengthen the legs.

In the evening session the wrestler should take exercises to strengthen his muscles. It is the exercise, not the wrestling practice from which the body is built and power increases. Exercise makes the body muscular, powerful and stout while race and wrestling practice develops stamina and skill. A wrestler should adopt the natural and automatic

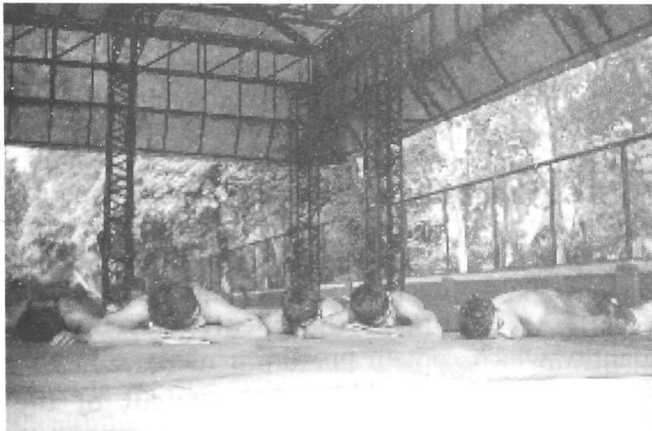


Fig.: 73 *wrestlers relaxing after practice (Mat wrestling)*

exercises from which his mind could be safe from load and boreness, to develop the organs of the body. These are such as climbing stairs, pulling, parallel bar push ups, moving the leveller, running, taking the another wrestler upon back, carrying scooter or jeep or car on foot, digging the arena, frog walk, dog walk, peacock walk, rolling, sweeping, cycling kicking the football and P. T. exercises etc. as the exercises are fully described



Fig.: 74 *Soil wrestling holds*

afterwards in this chapter. Some time they should play games roughly for exercise. A wrestler should not take practice unwillingly or forcibly which results injury, headache or fever. In the case of joint pain he should wear knee caps inclates,

bandage, ear guards Much more practice is also harmful, if less practice gives no result one should get the yearly result from wrestling practice. Carrying scooter for fitness of legs & some important exercises of wrestling are essential to make the different parts lying on the soil is good to make body stout & to gain stamina and agility. Wrestling practice and health should be gained day-by-day. A wrestler should be vigilant about his diet with the practice. A wrestler should practice wrestling taking in view his weight category, so that he may be able to secure medal from National Wrestling. Those who practice regularly with good intention surely become the champions.

After wrestling practice, wrestlers should lie down in flat position loosening the body and mind for relaxation. At this time, they should get together with cheerful conversation and laughter to ease the body, mind and heart. After cooling down and returning to initial position, they should take a rubbing bathe with plenty of water using soap and oil. Drying the body with the help of towel he should wear the clothes afterward. Then, he should not leave the arena without drinking the cold drink to avoid over heat and exertion. Cold drink can be juice, lemon, almond, drink, mango shake, milk shake, curd shake etc. which is essential in summer season.

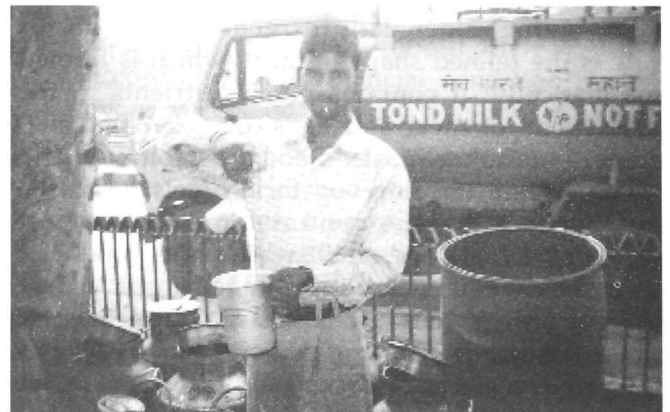


Fig.: 75 *Milk is complete food for health*

4. Balanced diet

Next important factor for the wrestler is balanced diet. A wrestler who takes sufficient practice needs proper balanced diet. Our body is built by the diet in which six nutrients exist like protein, carbohydrate, fats, vitamins, minerals and water. A wrestler should take such balanced diet in which all the nutrients would be in appropriate

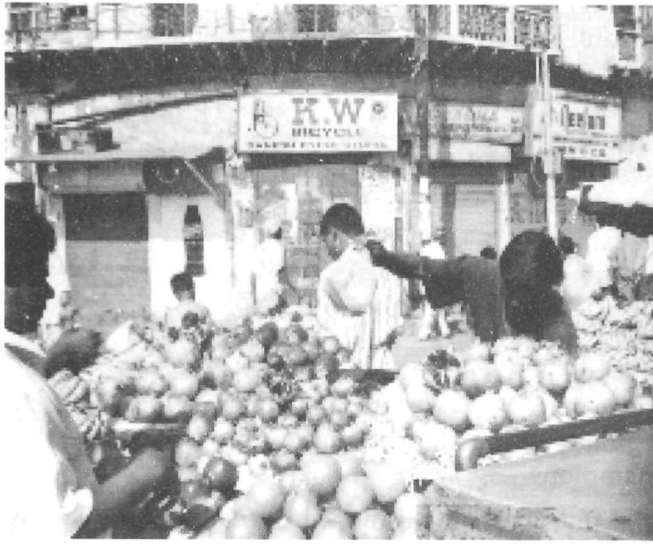


Fig.: 76 Fruits

quantity. Some people think that a person becomes stout and strong by eating meat and eggs which is a notion and a blind faith only. If you think over it with scientific view you will find that vegetarian food also contains all these elements in sufficient quantity. According to a American body building coach "protein equivalent to meat, we can receive from the rice and pulses." Moreover, milk contains sufficient protein including all the elements of carbohydrate, fats, vitamins, minerals and water. Likewise, milk is known as complete food which is beneficial for child, young, elder, lady or gent in all seasons. Milk is the refined shape of meat, which is formed automatically. It contains much nutrients in the comparison of meat and eggs. One can find bad smell from the meat eater's body, perspiration and breath. While the non-vegetarian feels headache and unpeace, on the contrary milk is the best product having good smell which is a good diet from which a wrestler gains much more power and body weight also. It is said that a meat eater can not avoid sexual urge while a milk drinker is able to live in health spirit and peacefully. According to doctors modern research non-vegetarian creates blood pressure and heart trouble due to existing more quantity of cholesterol. Moreover, it has been seen that all the non-veg wrestlers of Pakistan & another died before 60 as the vegetarian can be able to be alive for a century. A vegetarians face is enlightened whereas a meat eaters always looks gloomy and fatty who having breathing also, tires soon as, the meat or eggs smell can be felt from urine breathing and lavetrine. Thus a wrestler should be a vegetarian if he wishes to gain the aforesaid benefits. He

should take milk and milk product like curd, curd shake, butter, khoya, cheese, fruits, Juice, vegetables, bread, rice, pulse etc. in a sufficient quantity because a wrestler's diet should be double than an ordinary man. I had a dog named Moti as he was habitual of vegetarian diet having all the qualities of a vegetarian man.

For gaining the weight much protein is required for the development of the cells and muscles. It has already mentioned that milk contains more protein than any other products of eatings. Thus, milk or milky products, wheat, rice, lady fingers, soyabeen and almonds contain much, protein. As a building requires bricks likewise body needs the protein for building. Proteins builds the cells of muscles with the help of other elements. So the weight gainer children and young wrestlers should eat those eatings in much quantity which contain protein.

After this, next essential nutrient of the balanced diet is carbohydrate. The functions of carbohydrate and fats is to produce energy in body by the help of which the wrestlers apply the holds with smartness, take exercise and do all the actions. It is measured by the containing of calories. Whereas carbohydrate pours energy to the body, it gives power to the mind also and some acids are prepared from this carbohydrate. It is found in sugar, sugarcane and fruits. Vegetables as well as in corn. Sweetness of the fruit, vegetable or corn is carbohydrate which is called starch carbohydrate which is off better than the sarkara which exist in sugar. You know that a horse or a camel is tired he is given the solution of sugar to restore the energy. When the wrestler have exertion in body and mind he should take juice in sufficient quantity and will be fresh after half an hour. Joice of is most energetic so a wrestler should take the eating of carbohydrate in required quantity to gain energy.

The next nutrient of balanced diet is fats. Fats pours energy in the body like carbohydrate. It makes the meals tasty which absorbs the vitamins and helps the heart, kidney and intestines by giving energy. A collection of fats under the body skin prevents from the cold. This is the reason that who feels the sweat much more from their body should take fats in the meals in a sufficient quantity. Likewise the wrestlers should take butter and milk in excess quantity. If we minus the cream from the milk the rest of the separate milk contains protein in full quantity because we have separated the cream only as protein have no concern with the cream.



Fig.: 77 Green Vegetables

Likewise another element of the diet is vitamins which are responsible for many procedures of the body. In brief vitamins pour life strengthen the bones and teeth, remove the muscle injuries, prevent blood shed, to maintain health by blood purification. Vitamins are of many kinds like A, B, C, D, E, which are found in raw vegetables and fruits whereas vitamin D exists in sunrays. Lack of vitamins creates weakness in teeth eye sight and unable to prevent injury or blood leakage, turning the hairs white, white symbols on the body, turn of skin and lips and defects created due to lack of vitamin and minerals., therefore, for the fulfilment of vitamins the wrestlers should eat fruits, raw vegetables and raw corns which contains different and sufficient vitamins.

The next nutrient of the diet is minerals, Though the minerals don't produce energy yet they are responsible for the actions and reactions of the body. There are 28 kinds of minerals like calcium, phosphorus, iron, magnesia, mali, platinum, cobalt, selenium, chromium, sodium chloride, forum etc. The functions of minerals is preventing the exima and other disease purification of blood, finishing the white symbols of skin, safety of muscles, preparation of hormones etc. Calcium, sodium chloride, iron are the main minerals which are essentials to the body. The minerals are found in corns, leafy and other vegetables, fruits, dry fruits, milk, lemon, sugar and salt etc. Muscles of the body fed up and feel uneasy in lack of sodium chloride. To fulfil the same the wrestlers should use a spoon of salt with the lemon. So the wrestlers should fulfil the requirement of minerals to select the particular eatings, from which body and face is enlightened keeping the muscles and skin safe and sound.

Moreover, the wrestler should not remove the upper surface of corn, vegetables and fruits which keeps the digestion in order. This upper surface cleans the belly when it passes through the walls of small intestines and this solid waste moved out of large intestine cleaning its walls also. It prevents constipation also. The wrestler should know very well about his stomach that how much quantity of meals he is able to digest and he should take such quantity like that. If the solid waste is not passing out taking sugar or sweets he should drink plenty of milk from that the solid waste will pass out within few minutes. The belly should be always clean which is spoiled by over eating or by less eating, both are harmful for the digestion. When one takes fruits and vegetables regularly, he will have no complaint of passing out solid waste.

So the wrestlers should take heed on balanced diet with keen observation which is the base of body building. A wrestler should take his break fast, lunch and dinner in time regularly. Meals should be fresh and tasty. It is the importance of diet that a wrestler is able to increase his weight upto 10 kgs in a year. Balance diet pours strength, stamina life and solid weight. Thus, a wrestler should not avoid eating during travel also. His eating and raising must be firmed. He should take the milk and fruits after the meals and should take milk many times in light quantity. He should take cold drinks or juice after practice or exercise. Wrestlers who are careful about their balanced diet according to the financial condition become champions very soon.

Likewise, water is also an important element in the preparation of body as our body contains 60 percent of water. Due to water stone making procedure starts which comes out with the urine in the shape of pieces or solution. Sweet water of the pot which is main cause of the fitness and health. Because water contains vitamins and minerals as sodium chloride, calcium, iron etc. Our old wrestler late Mr. Gordhan said that most of the fitness of the wrestler is depend upon water as he should not take salty or bitter water.

4. Rest

Next important factor of wrestling is to take proper rest. During practice the muscles are broken, blood circulates fast, heart beating, breathing increases and the body, heart and mind are tired fully. So, a wrestler requires complete relaxation and rest to restore the energy as well

as freshness. A wrestler should take sound sleep. During the sleep, the broken tissues are repaired, spread, strengthen the muscle, body and blood circulation cool down with slow breathing. Moreover, the heart and mind take ease and energy is restored and the wrestler feels freshness. When the wrestler awakes, he must feel that strength has increased. It is the rest from which natural peace is gained. So the wrestlers should be careful for the rest in day and night and should try to take sound sleep which is great ease of the world. During the sound sleep when heart, mind and body takes complete rest without any idea of dream, which is awarded only to a labourer or a wrestler. A senior wrestler should take sleep for at least six hours in the night and two hours in the day. While the Mini Junior Wrestlers should sleep eight to ten hours during night and three to four hours during the day time or one should sleep upto becoming fresh which is the latest criteria, but it is essential to awake one or one and half hour before the sunrise in the morning for the wrestling practice. It is better to sleep on a hard cot or upon the earth which is good for power and smartness. Sleeping towards right side to prevent the heart from pressure closing the mouth is beneficial to health. Sometimes, you can sleep flat also. The sleeping place should be high with neat and clean surroundings. Sleeping on a hill or upon a tower or upper floor in the open air is very useful for health. Sleeping under the Neem and Peepal tree is more useful for health which removes tiredness and fever. It is said that Peepal tree releases oxygen during 24 hours day and night. Sleep must be safe without any disturbance of mosquitos, noise and pollution.



Fig.: 78 Exhibition bouts during the summer season



Fig.: 79 Traditional wrestling (Dara Singh India)

5. Competition.

Need not to say that all the preparation of a wrestler is meant for fighting competition so taking in view the Championship, he should have the friendly matches of wrestling willingly during a week, fortnightly and if not then monthly according to his weight class and age group. He knows himself and steps forward taking these monthly test in view likewise his coach must be aware of that. He must be weighed monthly and his progressive report must be received by his guardians. If a wrestler doesn't get success he can become mad. But if a wrestler devotes his life for Wrestling Medal there is not cause that he could not be an Olympian, National or International. He must know to fight the bout. He must be an attacker one or he should take the opportunity of attackers weakness and pin him by counters. He should have some pet holds for winning the rival. He should compel the contestant to step forward by reverse action. Wrestler should be habitual of competition throughout the year and should know their standard.

All the friendly wrestling competitions are organised in rural as well as in urban area as the rehearsals. For National and International Wrestling from that the wrestler have to secure a medal which is his wrestling result or career. A wrestler who does not secure a medal neither from National nor from International or Olympics is sinner or guilty to some extent. Within 10-15 years a wrestler must secure medal compulsorily. Wrestling is very hard and expensive game moreover one has to wait up to the aforesaid period with patience. Those who want the result within two or three years should not adopt this game as they gain nothing. The boy scarcely reaches upto Juniors Medal in 6-8 years and for the Seniors Medals he has to devote double of

the aforesaid period. Moreover, he has to concentrate in a particular weight category. There are some world wrestling examples when the wrestler like Sergei of U.S.S.R. participated in Olympics upto 4 times and secured the gold medals in a particular weight category 57 kg. But Indians neither concentrate in a weight category constantly nor they have representation or participation many times. So, the Indian wrestlers should take a lesson from the world wrestlers in this connection and they should secure medal from Olympics to step forward in wrestling by proper practice applying modern techniques, balanced diet, rest and timely competitions. Rather it is very bad on their part when they adopt game devotedly and are unable to secure the medal from Olympics. Such youngsters should not complain about any thing and cover the faults themselves as they should assume the responsibility. If some one has a determination no doubt he will succeed in his way. Thus the National and International Wrestling is the result of wrestler's career. At least he has to become National Champion, second stage is Continental Champion and the last stage is Olympic Champion otherwise he is not a wrestler. Moreover the education for a wrestler should at least matric without securing education he will be unable to be employed in Govt. service without that he is not able to meet out the expenditure of wrestling. The time of professional wrestling have gone and

now days an employed wrestler only is able to continue his wrestling. Therefore securing education from private Institutions side by side is also a result of another wrestling.

6. Entertainment.

Wrestling practice and exercise creates very much exertion in the body of the wrestler. Thus mind is also loaded with boreness. So to make fresh the body and mind of the wrestler, entertainment is very essential. In other words it is a compulsory diet of a wrestler. For the same he should himself become a source of entertainment. He should always keep a smiling mood and cut striking and appealing fine jokes so that others also smile. If you want to be cheerful make the others cheerful which is old principal of Indian world masters of wrestling. The olden time wrestlers were very humours. They used to cut fine jokes such like that even a weeping person would be laughed. From laughter or smile the tightness of mind heart and body turns into softness and one is able to do more exercise and practice next day. On the other hand gloomy mood have a bad effect on the tired body mind and heat as the organs unable to function well. The body and muscles develops by cheerfulness otherwise these are brunt from sad or jealous mood, so the wrestler should keep his temper cheerful all the time.

As success in wrestling is a complete entertainment and cheerfulness for a wrestler even then a wrestler can choose some light games like badminton, table tennis, football, volleyball or something like that from which he can vanish his boreness. Moreover indoor games like carom, playing cards, chess and recreational games are also a means of recreation from that freshness is restored. Playing with the animals and birds is also a good recreational activity. Leaving aside recreational activities music is the best means of recreation. The wrestler himself should be singer. He should keep himself busy in singing songs when he is lonely or hear the radio or T. V. music. If one can sing well it means at that time his mood is well. Thus song is a test of mood. A wrestler should attend the cultural functions to keep himself fresh. He can enjoy the fairs & should keep himself near the nature. Thus entertainment is an important factor to develop wrestling and without entertainment a wrestler can become mad. So, anyhow a wrestler should keep his mood with practice.

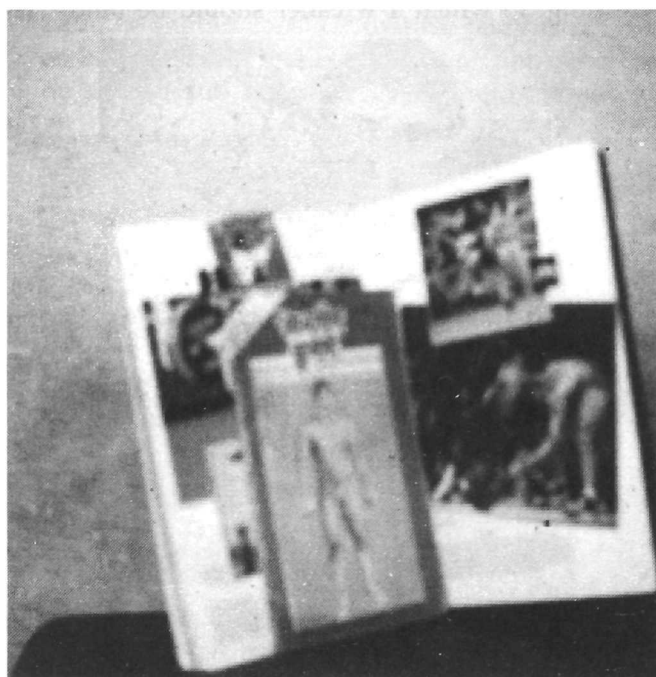


Fig.: 80 Advertisement is the mental diet for growth of a wrestler



Fig.: 81 Officials (India) with Rajiv Gandhi during Sanjay Trophy (soil wrestling)

7. Advertisement

When a wrestler wins a bout he wants his appreciation in the society. When he doesn't get proper appreciation after winning the bout or a medal he feds up and is not, willing to step forward in the game. So a wrestlers advertisement should be given in the news papers and magazines with his wrestling photographs from which he himself and the others are inspired. In others words we can say that advertisement is a mental diet of a wrestler. The Wrestling Federations as well as the State Associations should publish their yearly, half yearly or monthly wrestling magazines to publish the description of the medals winning wrestlers with their photographs. The different societies should encourage the winning wrestlers by publishing the Articles with their photographs. Which will be appreciable. International Federation is also publishing the monthly magazine of wrestling, showing Continental World and Olympic Wrestling results, articles, amendment of rules with illustrations which is also appreciable.

In India and Pakistan it has been seen that the contractors and Khalif prepare the coloured posters of wrestlers with photo and description of wrestling competitions which is an appreciable advertisement. From these posters wrestlers and wrestling coaches are much encouraged. In India the news papers like Nav Bhart Punjab Kesari, Jansatta, take keen interest to publish the news of wrestlers concerning festival fairs or wrestling tournaments. In this connections the U.S.S.R. and American News Papers and magazines advertises the wrestler's news and photograph. In eastern world China provides a monthly magazine China Sports whereas in India Mr. Ratan Patodi has been



Fig.: 82 Worshipping the arena

publishing a quarter yearly magazine "Bhartiya Kushti" on wrestling for almost 50 years. So the promoters of wrestling should publish the monthly magazines for wrestling advertisement and the wrestlers as well as their managers should give the advertisements of wrestling to encourage their wrestlers without that the good results are not possible. The FILA president our Ercigan have done a great contribution for wrestlers in this connection

8. Wrestling conduct rules.

There are some rules and by rules for wrestling, to which a wrestler should be bind. He

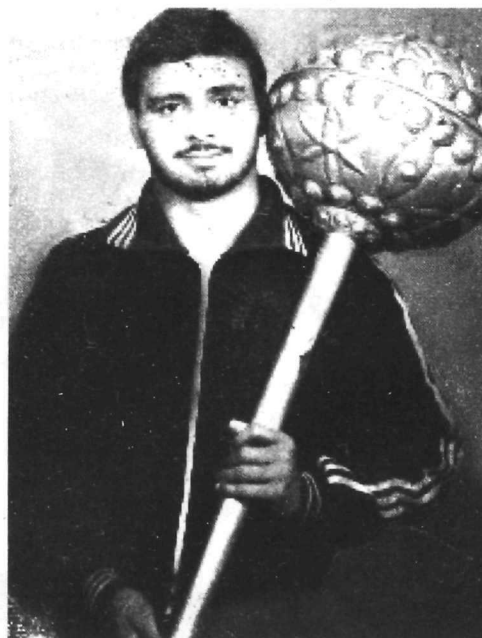


Fig.: 83 International Ashok

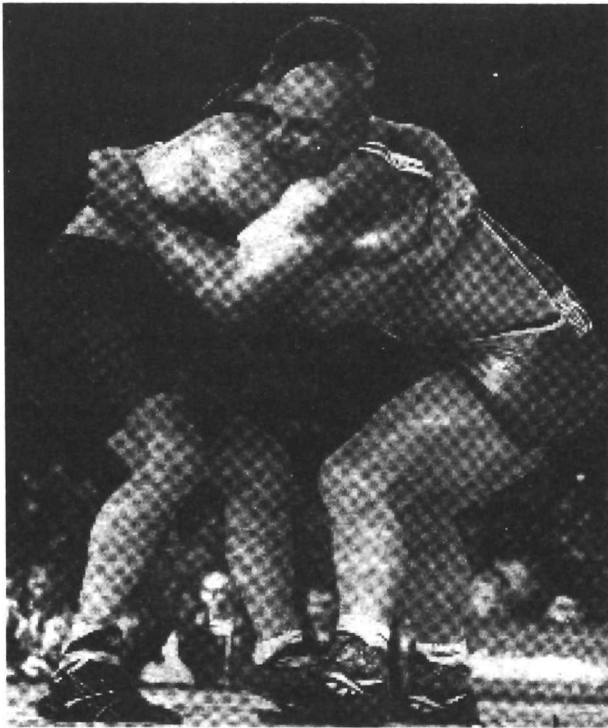


Fig.: 84 Alaxender Karolik super heavy weight
Olympic star Sedney 2000

should make a habit to go for lavatrine both morning and evening times. He should brush his teeth both times regularly. He should not avoid to take massage every day. He should take proper and healthy food every day. He should practice regularly till he feels calm and peace. One thing which he should remember is that before taking bath, he should consider that his body is as normal as before *i.e.* normal not sweat or hot. After bath, he should rub his body evenly and should wear

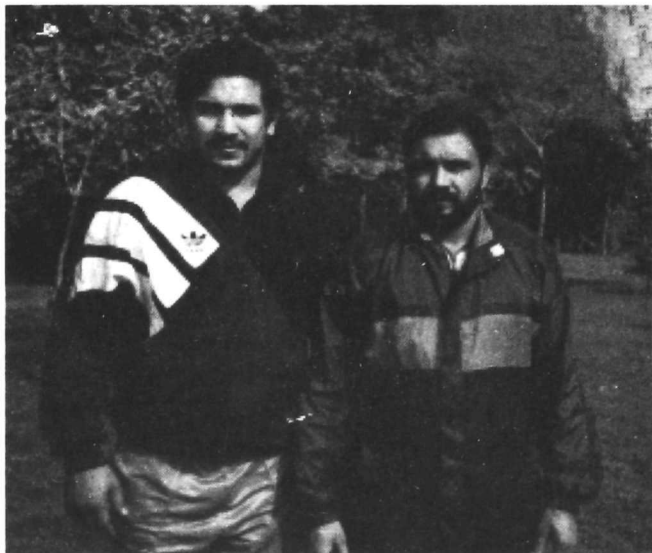


Fig.: 85 International wrestlers India

neat and clean clothes. The clothes should be simple and loose. After that he should pray to his God and burn a candle of fine smell to that 'Akhara'. He should believe in New body and in old clothes. But the popularity in that there should be new clothes and old body. That was the reason in olden time, the wrestlers were wearing old and dirty clothes. That was right to some extent oily because a wrestler should prepare his body strong and new by such type of clothes. As this he should not waste his time in clean shaving or other. He should set up his hair and beard, so hat it could not create hinderance in his wrestling. A wrestler should wash his clothes himself. He should not give it to washerman for washing. A wrestler should do more practice and talk less. He should divert his mind from quarrels and concentrate his mind in wrestling. He should have contacts with fare ideal persons, who can guide him in his shooting troubles. He should not have any relations with cheap thinkers, who misguide him to the wrong path. Every week he should see wrestling competitions. He should do practice, daily, even if he is having some little trouble or some injury in his body. He should escape himself from sexual desires because such ways can destroy his motive as wrestling is a complete sex as a

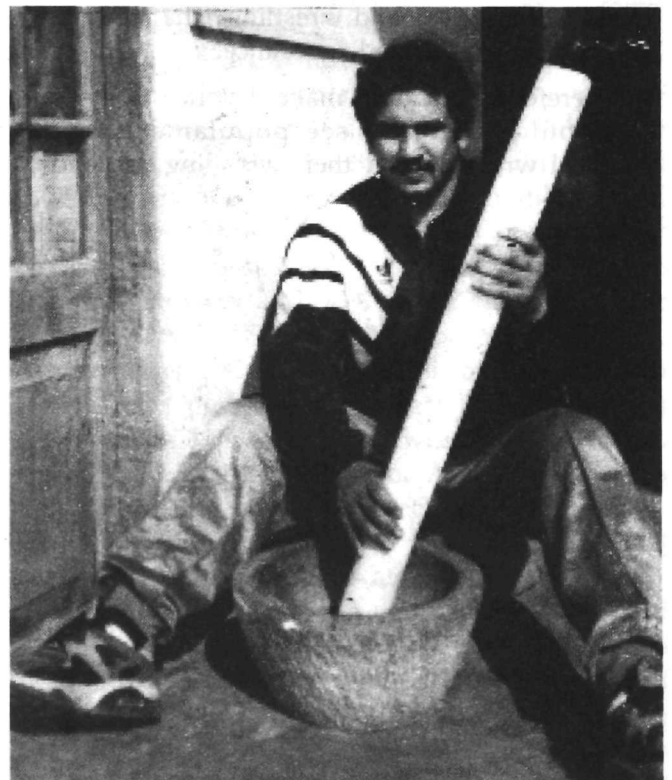


Fig.: 86 A Indian wrestler preparing cold drink of
almonds after practice

wrestler should love his body and should gain self confidence and peace of mind. Sex is useful for creating generation only. A wrestler should have patience. He should avoid using strong 'Masalas' because it creates more heat in body. A wrestler should take regular check-up of the body from a experienced doctor. He should weigh in his body every month. If he feels idleness any day, he should massage his body evenly and rest down, after that he will find that his body is prepared for practice now, because massaging eradicate many skin problems as well as headache, other type of weakness pours and pimples face. A smartness wrestler should do his all routine work himself, thinking that he is doing exercise such as sweeping and cleaning. He should wear a towel upon lion clothes. These work controls his body's fitness, others also should do so. A wrestler should not take allopathic or other medicines. He should rectify and eradicate his weakness and decreases himself. He should do spiritual and healthy exercises like Sirsasan, Halasan, Dhanurasan etc. These exercises make the body fit and perfectly sharpen the brain.

A wrestler should attach himself with press media so that he would be light. He should do better performance for more betterment. He should not do such type of work which diminish his wrestling centre and wrestling. The main rivals of wrestler are sex and ignorance.

Therefore, he should make distance from these. He should meet and see popular and strong technical wrestlers and their wrestling. He should

not use hot milk, hot meals, hot tea and hot masalas etc. These are stimulate things which diminish the vigorousness of a wrestler. A wrestler should also make himself far from drinking, not speak loudly, not to be fall in love with other attractions. There are some orthodox thoughts that a wrestler's body and mind create problem in his old age, but it is not true, if he does regular exercises and takes proper food in his old age he will feel himself such a young man. A wrestler can take high education than a simple man. But higher education is also a hinder in the way of the Olympics. Therefore, he should be qualified upto matriculation only. According to the European opinion '*a wrestler can continue wrestling hardly upto 30 age*' but Indian's challenge that a wrestler can do wrestling upto the age of 40 years. As the example of Alaxendar Karolic of USSR is there who is above 40 & still scoring the medals from the olympic wrestling in super heavy weight.

Thus the every country youngster should make their will power strong to receive the medal from olympic games by the aforesaid proper meases.

A wrestler should not misuse his vigorousness. He should use it to write his name in Gold Medalists list. Thus we can produce best wrestlers for India.

In spite of wrestlers a coach or "Ustad" should be impressive and learned. Who can understand the genuine problems of wrestlers and can, rectify them with his talent. He should implement latest techniques to promote wrestlers to be succeeded in Olympic wrestling.

HISTORY OF OLYMPIC WRESTLING

Wrestling is the oldest game of the world, as fighting is the man's birth instinct. Thus, it is not related with any particular country or any period yet it is very essential to know the origin and development of this popular sport. Most of the American and European writers admit that the origin place of wrestling have been India, China or Greece. In the olden time the shape of this sport did not exist such like the modern Wrestling because it is passed through many shadows due to the entertainment and the rules but only one idea has been supreme that who throws whom or who is stronger or superior? In other words wrestling was a test to decide the superior in power as no law or rule was followed there at that the time but only powerful persons governed during that period. The history is the witness of this idea that the ancient wrestling was full of violence.

The styles of the wrestling differs from country to country and even state to state. Hundreds of style fostered in the world which are different to each other having their own traditional shape, but even then every style have the same motto to findout the stronger and more skillful or in other words the superior one. These traditional styles are the roots of wrestling. Every Olympic champion have passed through some traditional styles and after practising the same upto a long time, they gained the Free style or Greco-Roman Olympic wrestling medal. I am thankful enough to the FILA President honourable Mr. Milan Ercegan who sent me the book of "The roots of Wrestling-The Traditional Wrestling Styles" written under his guidance edited by Mr. Mihaly Biro, printed under the auspices of FILA from which I came to know all the global wrestling styles. Wrestling word itself is called by different names in the world such as in French it is LUTTE, in Italian called LOTTA, in Spanish it is LUCHA, in Persian it is BORJBA, in English it is WRESTLING, in German it is RINGEN, in Polish it is ZAPASY, in Hungarian it is BIROKAZAS, in Arabic it is MOSARA, in Turkish it is GURESH such as in Surbian and Crotian it is called RVANJE. Here we find the different global traditional styles related with the particular countries which differ with each other, in style, dress, holds, rules, victory system, fall, point system and throws and measurement of arena, etc. from which we can

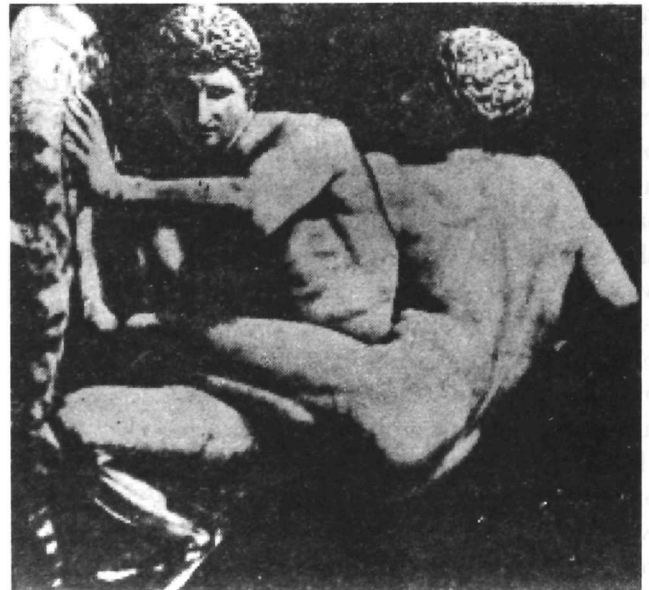


Fig.: 87 Greek necked statue of wrestlers ride

reach to some conclusion of wrestling as these styles are the means of Olympic wrestling progress. Thank to global style maker masters and retuals and thank to the editor of this book.

I have gone through mostly the all type wrestling styles of the world as every styles differs with the another, but some instincts are very common which are natural everywhere. The basic think is that who is superior or we can say," who throws whom" or who earns victory. Either he throws the opponent on his back or throws him touching his body's three points on the ground or falls him sitting upon his chest or victory by pushing the opponent out from the ring. We find the skin trousers and well fitted shoes and belt in most of the U.S.A. and European olden styles, either it was a Guresh wrestling of Russia, Yagli of Iceland, Cumberland of Great Britain, catch as catch can of U.S.A. Greased wrestling of Arabia, Cokoa of Africa or Ju-jitsu of Asia. The trousers are very useful for the protection for the knees and legs, whereas the shoes to avoid ankle and leg fingers injury & belt to avopid Hernia disease, while oiling the body was useful for body and health. The waist lock wrestling itself was a warming up system as well as powerful hold of strength in which no wrestler could rest during the fight as the referee have to award a caution to the passive wrestler in Olympic wrestling but during the waist lock if some one becomes passive

means it is automatic advantage for the opponent to throw him, in other words he needs not for caution. Moreover one thing has been common in all the world styles that according to requirement, season, atmosphere, traditional wrestling was played either on grass, soil, sea sable, ground or on the mat though the diamentions of the space has been different from each other but for the said arenas the guff clothe or skin trousers and shoes were the best dresses for safety of the body. Moreover all wrestling styles throughout the world have been played on the occasion of pleasure, either upon the occasion of festival, marriage, birthday, religious day, function, fair or upon the occasion of National or International championship, though the duration, hold system or victory system was different to each other, it was found common in the world. Thank to all countries of the world who fostered their style from that they could produce the wrestlers for the refined Olympic wrestling and then could became the Olympic champions. Because I reached upon this conclusion that all of the Olympians took part in the Olympic championship by means of their traditional style. It was only the traditional style which made them stout, strengthly and healthy. So honourable Milan Ercegan says that the traditional wrestling styles are the roots of wrestling who consider the whole world wrestlers coaches, officials, rituals as a wrestling family and according to my thinking Mr. Ercegan is supposed to father of the global wrestling family who's sentiments are valuable, scientific and very very practical. Thank to honourable Ercegan I got a lot of progress from his guidance time to time in the field of wrestling organisation and practical wrestling.

During first Olympic games in Athens 1896 where only the Greco-Roman heavy weight category held and Carl Suchuhmann of Germany secured the gold medal and George Scitas (Great Britain) gained Silver and there onwards in Saint Luis Olympic games in 1904 Free style wrestling was introduced. Thus Greco-Roman and free style refined wrestlings came up out of the hundreds of traditional styles of the world fostered continent to continent, country to country and place to place which were different to each other from style, dress, rules, holds, time, ground and all the Free style and Greco-Roman Olympic wrestling are the refined shadows of these oriental styles which

were accepted by the majority of the world countries as this sport is being run under the supremacy of FILA.

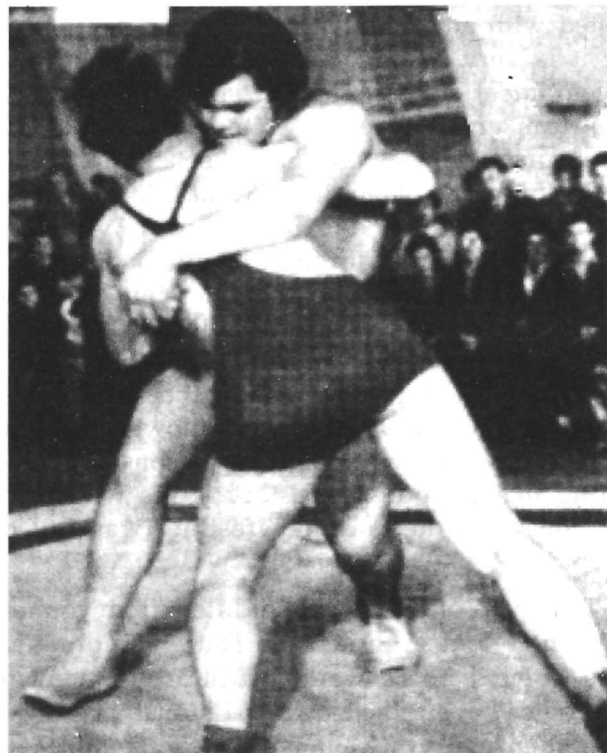


Fig.: 88 (Romania)

Therefore it is very essential to know all those ancient wrestling styles of the globe by deep study of wrestling. So here I am introducing some orient styles in brief with their countries names such as Kusti or Oriental style and Indian style (India, Pakistan, Shri Lanka, Nepal, Bhutan, Bangladesh, Iran, Afghanistan) most ancient game fostered from Vaidic & Mahabharata age. Dress: groin cloth inside, special underwear outside, bare footed, oiling the body, no time limit, no points, foul holds prohibited. Victory falling the opponent upon his back touching both shoulder blades on the soil, arena during the fairs, marriages, functions etc. But on the other hand when it is organised on National level dress, time, points, fall, flat all counted and this style has been codified under the rules equivalent to free style and Greco-Roman as this oriental style is two in one. Moreover Mukna is in action in Manipur State. CHIAI-CHAO and KUSHU wrestling styles are in action in China organised styles under China Federation as the wrestlers wear trousers, jackets and canvass shoes. Throwing on the ground considered as the victory BOKH and CHIAI-

CHIAO are also fostered in Korea SSIRUM (Korea) style is also just like sumo and glima wrestling played in trouser, jacket like sumo and glima wrestling played in trouser, jacket, shoes and victory is considered after winning two bouts out of three by throwing the opponent on the ground. SLITBAK also is a Korean style but it is something brutal one KOCHTI wrestling style belongs to Iran which is like the oriental style of India in which wearing tight fitted underwear of half thigh bare footed wrestlers earn victory by falling the opponents touching the shoulder blades, no time limit, no points, wrestling played in soil arena. KURDISH and GREASED wrestling styles also fostered in Iran, wrestlers wear trousers and shoes oiling the body and throwing the opponent on the ground grassy or soily considered victory. Sumo is an-ancient game of Japan played wearing special groin cloth, touching the body part of the opponent on the floor or pushing him out of ring (4.5 metre) considered as the victory. Two categories 100 kg and above are permitted. Moreover, JUDO, KARATE, AIKIDO and JUJITSU are the defensive and martial arts of Japan played under organised Federations. Japanese are disciplined players. BOKH wrestling style is in action in Mongolia such as wearing trousers and boots, throwing the opponent or touching his knees on the ground is registered as victory. KUSHTI is fostered in Pakistan, India and neighbour countries on oil sprinkled soil arena bare footed wearing tight half thigh underwears. Organised and unorganised shapes of Kushti. Winner touching both shoulder blades on the ground. KUSHTI HAND TO HAND AND LEG TO LEG wrestling is in action in Sri Lanka KUSHTI or MALL YUDDH is likewise in action in India and Nepal. Moreover HUIA wrestling style wearing the clothes is played in China uttering the words loudly tete-a-tete. KUSHTI and KOCHTI like Indian style is played in Afghanistan on the soil arena in the shape of fall or flats without points or any time limit. Likewise PENDJAK-SILAK style (Indonesia), BERSLATE (Malaysia) BANDOL-LETUI and NABAN (Mianmar), ARISASDA-MANE (Philippines), VODAODA MENE (Vietnam) are also in action.

Moreover Arabic countries have a great role to develop their wrestling through greased wrestling which later on was known by GURESH. MOOSHARA and ISHTILIA TABANA or MULAPTA are all the Arabian styles fought



Fig.: 89 Contest at the Championship of Iceland in 1987

wearing trousers and shoes with oiled body and touching on the back considered as a victory. CHAMBAB is a International form of wrestling fostered in Cambodia, falling the opponent on his back considered a victory (2.0 or 2-1 score).

Whereas Dutch free style wrestling is fostered in South Africa with many traditional styles while OLVA in Sengal, such as free style but the competitors have to make three throws to earn the victory. UNITED AFRICAN Wrestling is fought under the same African style rules (Benin). Traditional wrestling modified under rules (Burkino Faso) and MISSIMA, MASSING (Cameroune) BOSSA, DIAALA, BAKNERI, GAMBIA style (Niger) OLVA and BER wrestling styles (Senegal) fostered in South Africa on the sand wearing the trousers as victory is considered after three times throws or upon the agreement of the both contestants. Traditional wrestling of Nigeria and TUBAT of Eastern Africa and ZWALA of Togo to throw the opponent on the ground without falling himself is praiseworthy.

In VISTEO style wrestling of Argentina the blackened hands are touched to the opponents face to earn the victory. PHAMO style wrestling like PENCRAIUM wrestling of Greece is in action in Brazil which consist the blows, kicks in which opponents falls like Sumo. CUMBERLAND and WESTMORLAND styles SCOTISH style, GRECO-ROMAN style INDIAN, or ORIENTAL as well as CANADIAN are fostered for a long time in Canada. While three times thrower of opponent

considered as the winner in Cumberland and Westmorland style, fight above belt is called Greco-Roman as Canadian is a single combat against the table whereas in Indian style competitions are held on soil or mat every week on fall system. The GIOCSUL style wrestling was in action in the ancient time in army which is a combat of attack and self defence. Moreover catch as catch can wrestling of fall has been very favourite style in U.S.A. and Indian Style too. ILAHTLIR & LONKOTUN wrestling styles which are full of strikes and holds was very popular in Maxico while cubmerland and Westmoreland style spread in Australia from America.

Without touching the traditional styles of Europe the history of global wrestling remains incomplete. It is the Great Britain who fostered the wrestling styles whole heartedly during 19th century and staged the wrestling at Olympic level; CORNWALL AND DEVON as well as CUMBERLAND and WESTMORELAND Styles were very popular during 18th and 19th century in Great Britain. In carnwll contestants hold each other Jackets Collar & Sleeves and throwing upon back touching three points: two shoulders and one hip, two hips or one shoulder was considered as victory while in Cumberland both holds a waist lock and throwing the opponent or releasing the hold is registered in victory. Moreover Lankashire catch or catch as catch can or Scottish catch as catch can styles has been very popular in England as CATCH AS CATCH CAN was adopted in London Olympic games in 1908. While GRECO-ROMAN, Wrestling with Waist Locks and Wrestling with mutual holds are very easy to know from its meanings, were fostered in crotia and slovania. Free style wrestling in clothes and PEHVILIVAN wrestling such as YAGLI GURESH was fostered in Bosnia and HERZIGOVIA whereas COUREN wearing clothes and falling on back was fought in France and one of the defensive SAYAT fight by fist and legs was there in action in France. TEHIODAOBA wrestling was fostered in Georgia. Moreover Greece have the oldest history than any country except India as ORTHOPALI, PENTATHLON PANCRATIUM, ALINDISSIS, ARCOCHERISMO etc. Olympic wrestling styles were fostered in Greece for a long time. In ORTHOPALI throwing the opponent was considered a victory where in PENTATHLON with jumping, running, javelin, dancing etc. one of the item was wrestling. Whereas Panc. Style was full blows and kicks as victory depended upon



Fig.: 90 Yakut traditional wrestling

surrender. ALINED wrestling was like jutjitsu and in Acro wrestling finger holds were for give up. The favourite traditional wrestling was fought on grass ground 50. 50 metre wearing goat skin paint and one have to throw the opponent 3 times without any time limit. Moreover lifting wrestling over, throwing wrestling and standing wrestling styles were very common in public. DUKA wrestling JIJITSU for self defence was very favourite in Holland whereas BELZIUM the professional wrestling was fostered in Belzium. Traditional HUNGARIAN wrestling-wearing clothes or singlet throwing down or pushout was registered victory (Hungary), CAWRANIAN wrestling-wearing gown or paint fighting upon sea sable, releasing hold or touching knee down considered as defeat (Spain). LEONINE Wrestling releasing waist hold or after two throws defeat was counted (Spain). SISTRUMPA wrestling (Italy) wearing trousers & Jacket bare footed in arena of 8. X 8M one have to fall the opponent upon back. In RISTINESS wrestling (Latvian, Estonian) after the waist lock one have to drop the opponent or hold released ended the bout. In NARODNO BORONJE style (old Yugoslavia or Macedonia) wearing clothes & belt one have to throw his opponent on the back and in PEHLIVANSKO BORENJE style (old Yugoslavia or Macedonia) wearing leather kasbet, greased body like Turkish Guresh. TRINTA DREAPTA (Moldavia), having same dress and activity like Greco-Roman while in TRINTACUNEDIA (Moldavia) as above but use of leg holds permitted. ZAPAS means Belt wrestling (Poland, Czech, Slovakia) as to tieup the belt was started from that time which is scientific to avoid private parts diseases and all that TRINTA (Romania) was just as Greco-Roman but victory was considered after throwing the opponent on back or 3 times downward. TRINTA

PEFURIS (Romania) in which waist lock was necessary to drop the opponent downward. Or touching his body part on the ground. SKHVATKOY (Russia) equivalent to KURESH. Holding the clinch performing back throw or breakhold. WAIST LOCK WRESTLING (Russia). Holding the waist lock by each other, throwing the opponent three times or releasing hold was victory. WRESTLING IN CIRCLE (Russia). It was the wrestling like Sumo. SALVO GORITZ KAYA (Russia) martial wrestling mixed with boxing also BASHKIR wrestling (Russia) throwing the opponent down without releasing waist lock. Moreover BURIAT wrestling like BOKH falling the opponent based upon three points, in DAGESTANIAN wrestling winner: to throws the opponent on chest LECHUM wrestling, KALMUK, wrestling wearing trousers jacket and shoes (all belong to Russia having same kind of throws.) Likewise NOOLDUN in which as girdle (Belt) is tied on trousers upon waist and soft shoes, throwing on the back, victory (Russia). CAUCASIAN wrestling in which girdle is tied upon the waist, holding waist lock one have to throw the opponent on his back without falling himself and Tatar wrestling some thing like that (Ali Russian). YAKUT wrestling (Russia) is also similar wearing dress and tying a girdle on waist, to throw the opponent on back, applier can fall with him. Glima with Swedish variants (Biscast), BONDETAC (Litvak), DANISLIVTAK, FAMNCAST (Swedish) RIGEST (Swedish), BELJEST CAST (Sweden), waist lock CRAGTAK (Swedish) SULIPAINI (Finnish) SELENTAG (Norwegian) arms lack, AKSELTAG (Sweden) a variant arm leg. BONDETAG (Sweden) wrestling waist lock, ARMESTLOENGJA similar to free style.1 RIGENECHA (Norway) static wrestling against a bent down opponent. BUKESTAK (Norway). Fine holds and throwing down the opponent. ESKIMO wrestling in Greenland. With holds of clothes breaking the strength of the opponent. ICELAND GLIMA: old and the popular wrestling of Europe. Fight by holding the belts and throwing the wrestler on one or two shoulders. SUTCHWINGON wrestling style (Switzerland) Round arena, wearing special trousers and belts throwing the opponent back upon one or two shoulders is registered as victory. YAGLI GURESH (Turkey) is a popular wrestling style of the world which is played in a large arena of 30. x 30M. wearing special skin trousers is starts with waist lock. One have to throw his opponent upon back or two shoulders.

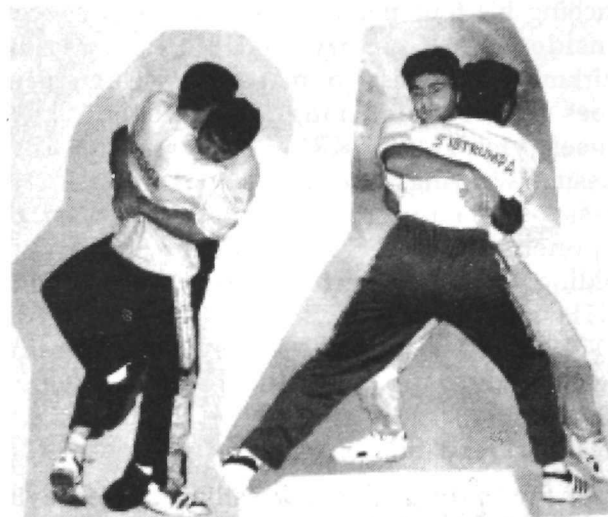


Fig.: 91 The crucial hold and attack in S'sistrumpa (Italy)

One have to take three steps forward lifting the opponent is registered the winner too KARAKUSHAK GURESH (Turkey). It is likewise CAUCASIAN wrestling, wearing short trousers of goat skin, played on a large arena 30. x 30M. grassy ground. SHALVAR GURESH (Turkey) wrestlers wear a kind of pantaloons as above the waist they are necked. ZAPOROZAYA (Ukraine) traditional wrestling acquired a military aspect. MOUNTED wrestling (Ukraine) wrestling with lock and arm holds (with or without the use of legs). Wrestling with waist lock. Wrestling with grappling round the waist lock. The waist wrestling with legs and leg hold (Ukraine). In some parts of countries wrestling is no longer popular.

GUCHTI TADZHIK (Tadzikistan) BUKHARIAN KOSTI (Turkmenistan) to lift the slaughtered goat. HAVINSKA wrestling (Turkmenistan) wearing costume and belt over the shoes on grassy or mat arena, throwing the opponent on his back or touching his three body points for each victory. TURKMENIS GURESH (Turkmenistan) on the grass or mat wearing costumes or leather paint, touching three points of the opponent body for victory. SUTCHWINGON (Germany) introduced as above. MUNDJI VENCE style (Albania) wearing leather paint upon grassy or mat arena. Touching the opponents back or one shoulder by means of throw. KOKH Wrestling style (Armenia) wearing leather trousers and belt or military blouses, throwing the opponent on the back to gain victory. RENGELN wrestling style (Australia) Grassy or mat arena wearing clothes throwing the opponent

touching his four points of the body or surface is considered a victory. GULESH wrestling (Turkministan) Grassy or mat arena, wearing paint, shoes with belt touching the opponents knees causes victory. DOKRISHKI wrestling (Bela Russia): wearing costumes, shoes upon mat or grassy arena touching both shoulders of the opponents like free style, sitting upon chest holding his hands arms crosswise. WRESTLING WITH HOLDS AND WRESTLING WITH WAIST LOCK (Bela Russia). GREASED wrestling (Bulgaria) throwing opponent on back. NARODNA BORBA (Bul.) such as free style. Lutte suchedry wrestling. Wrestling of fall.

In the various global wrestling styles having different kinds of eliminations but some of them I found like the Free Style Olympic wrestling in which touching the both shoulder blades is considered as the elimination either it is for a movement or for one or more seconds fall. These, are such as British wrestling (Great Britain) Irish wrestling (Greenland) Do Krishki (Byelo Russia), Dutch Free Style (Holland) Caucasian wrestling (Russia), Free Style wrestling in clothes (Crotia), Mulapta Mulap (Africa) Sistrumpa (Italy), Norodno Boronje (Ex-Yugoslavia), Trinta Cunedia (Romania) Kushti or Oriental Style (India) etc. In which Do Krishki of Byelo Russia is much more striking as the elimination is considered after sitting upon the chest of eliminated wrestler one have to press his hands crosswise it means fall for sufficient time. I honour all aforesaid styles which are nearer to the Olympic wrestling and having fine safety dresses including shoes and belt which are quite scientific but we cannot deny the artful beauty and utility of Kushti or Oriental wrestling of Asia which is a fine game of soil and two-in-one (Free style and Greece-Roman) having almost thousands holds as the powdery soil becomes a fine and soft mixture when plenty of oil is sprinkled in it and many products are mixed, this soft soil is very beneficial for heart, mind, body and health which avoids tiredness, fever, headache, skin disease and all that. Soil eases the body in hot season which is most responsible for immediate growth of the youngsters. Moreover organized Oriental style is equivalent to them Olympic free style having thousands of technical holds but it have less speed than Olympic wrestling but can be made fast. It has been organised under FIWA: Federation of the International Wrestling Associations (Oriental Style) and many hot climate and soil lover countries have become the member of FIWA to adopt this style.

Taking all this in view our Wrestling Association of India (Regd.) have taken the decision to organise a International Wrestling Gold Cup in superheavy weight category in this refined and codified rules oriental style wrestling which is to be held on 26, 27, and 28 Oct. 2001.

Though the Indian Mahabharata period books like Ramayana, Puran, Bhagwat having a lot of descriptions about the bouts and holds of olden wrestling as the "Mall" word is quoted again and again, the meaning of which is "wrestler" as these books are considered some five thousand years old. Being unaware of these facts some European writers name the Greece as the origin place of wrestling. But only the historians can decide this secret on the basis of solid proofs It is said that during 5000 BC. Wrestling was played in Greece. At that time Greece was a popular and sovereign kingdom built of some 150 small states union as the traditions and conventions of Greece are admitted by whole world. The athletes and the wrestlers of Greece both male and female were very popular. Wrestling during that period was full of violence even then this sport was favourite to the Greeks. Therefore, this old saying of the Greeks was popular in the world that "a healthy

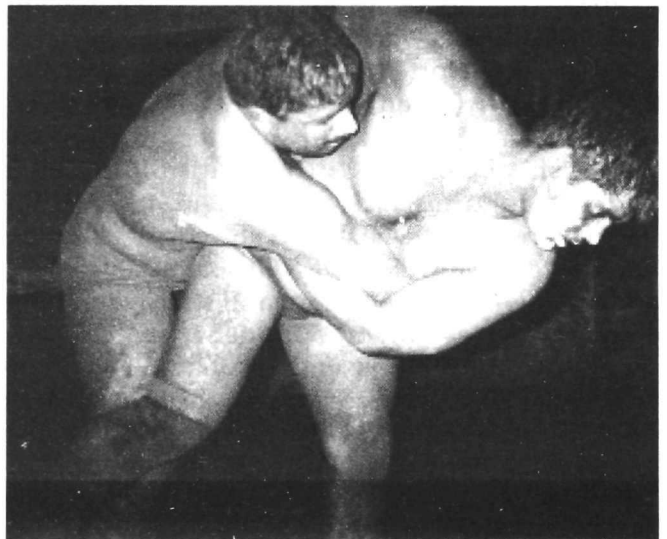


Fig.: 92 Mallyuddh, oriental wrestling

mind lives in a healthy body." Moreover in early Greece one was not considered an educated who did not know playing, dancing and singing. The Greeks naturally received wrestling from the Nomadic Tribe which won the Greece by the first invade because Greek States generally used to

quarrel together but the neighbour state wrestlers were preparing themselves for the competition. The politicians and governing persons used to prepare the wrestlers, Athletes and boxers to compete them and saving from the battle and blood shed as they always wanted to divert the mind of youths towards the sports as the Greece state was solid and strong in all respects.

220 wrestling holds printed upon the wall of Benihasan's village of Egypt also proves the development of wrestling to some extent but not upto the modern level because at that time wrestling was not so developed. Almost the traditional wrestling styles were played in each and all countries as throwing the opponent on the ground only decided the winner and somewhere twice or thrice throws were counted as victory. In Europe and especially in Greece the Cumberland style wrestling was very popular which decided the winner who throws his opponent thrice on the ground whereas Sumo in Japan and Catch as Catch Can style in Great Britain was popular as mentioned above Cumberland style also was the appropriate test of strength as well as bravery leaving aside the art. The wrestlers holding the hands grip upon each others back, one had to throw the opponent thrice on the ground. The cumberland style was in action almost all over European Countries. There were so many heavy and stout wrestlers in Greece from which every one was inspired to see the fine body structures as the necked wrestlers statues made upon the pots, coins, painted upon the walls is its admittable proof. From the glimpses of the naked statues we can guess that they were unaware from the sex who leaded the secred life who's genitals or private parts looks like the children. Because they always concentrated upon their body preparation. The great poet of Greece Homer has described about wrestling in his epic odyssey. The history of 8th century B. C. recalls the bout held between Hercules and Antayas held in greace and mils became the Olympic champion. It is said that he prepared his body by an exercise of lifting a calf daily during the practice. He became undefeated champion upto 45 years but was defeated during the Olympic of 512 B. C. due to old age. After that to establish the traditional wrestling there began to coach the youths and wrote a book upon wrestling.



Fig.: 93 William Mooldun (USA)

It has been said that wrestling was introduced first time in the 18th Olympic Games during 704 B. C. From the descriptions of Pindcar, Homer etc., writers, are able to know that the wrestlers of Greece were worshipped like the Gods at that time and that is why the naked statues of the wrestlers are found there every where. The first Olympic champion of Wrestling was the wrestler of city state sparta.

During 146 B. C. Rome took over the Greece by defeating her in the battle and thus the impression of Greek State was finished. Likewise the Greek customs and traditions with the wrestling style came to an end and Rome took its place. Moreover talent as well as art of the other Greek sports also vanished. In this way the violent wrestling in which the politicians raised the disputes among the cities of Italy to fight together. Many prisoners and slaves also died due to this type of violent wrestling. Moreover the bouts were organised with the beasts also. Here after some time the Greco-Roman wrestling was introduced. The Olympic games held either in Greece, Italy or in the city of Rome, All the wrestlers became professionals and the trade unions were formed. The champions received the pensions and their tax payment was remitted. The professional wrestlers were sold and purchased. The wrestling centre was established in Sparta where the wrestlers were trained to become the champion. There was an wrestler of Rome-Domotreamus who was a undefeated champion as he won the Olympic crown in Alexandria Olympic games during 196 A. D. During first and second century all the games unions were formed and especially the union of professional wrestlers was formed. The wrestlers and second century-komodus is considered as a most corrupt king who won some 700 bouts and reigned upon the throne of Rome upto 13 years.

It is said that the wrestling was played in Great Britain for a long time but according to some writers wrestling started there after arrival of some Roman militarian wrestlers. Some of Traditional local wrestling styles like catch as catch can, Cumberland and Westmorland style, Wells Style, Cornwell Style were in action. The history have its proof, whereas some descriptions of wrestling are found in the book of Lenester. Mostly cornwell style was very popular there. A yearly wrestling Tournament was held during a year whereas the rest of the exhibition bouts tournaments were organised on the occasions of Festivals in England.

The wrestling and sports, Tournaments were organised prolonged here continuously without any break from 1829 B. C. One of the wrestling patron Mr. Hakins developed the interest of this sport by putting a gold-hat in prize every year in 1680 B. C. Moreover King Charles second encouraged the Cornwell wrestlers who were the

masters of wrestlings and he organised many wrestling tournaments, whereas, Thomas Hakins of Cubers beat Littleton of Venerath and was declared the champion of England. Though the Cumberland and the Westmorland Style played there, for hundreds, of years but this type of wrestling was produced before the public firmed under rules by wrestling committee which was formed in District Lake of England. During the rein of Elizabeth 2nd the wrestlers claimed to be the champions of World Championship began in Calisla.

The First champion of 18th century was William Mooldun who spread and preached for the wrestling devotedly and afterwards for satisfaction he wrote a book upon wrestling. During the reign of Henry-8th the wrestling the wrestlers of Scotland established there impression by defeating the Cumberland style wrestlers. Likewise the Scotland wrestling spread all over England. In Scottish style at that time the great champion was Dinny Donald a businessman of horses after sometime who invented a new style which was knows as Dinny Style. Dinny has a well built attractive body who's chest was 48 inches who went out for the world tour and thus was



Fig.: 94 Hercules of Greece fighting with lion



Fig.: 95 Olympic bout Sergei (U.S.S.R.) on top

welcomed in the foreign countries as he preached for the wrestling in Australia, Antipodes, South Africa, United States and New Zealand. Afterwards he settled there permanently in New Zealand who fought with the American popular wrestler Mooldoon, He died in 1916 A. D. After this once again Cumberland Style wrestling came into action. Dinny was a handsome and fine body builder farmer wrestler came into light who was a star of catch as catch can Wrestling style, who completed a world tour gained name and fame. The catch as catch can style Wrestlers of Kaka Shayar defeated many foreign champions in the fairs.

Cornwell and Davon style wrestling was played in Ireland during 2000 B. C. but Cumberland and Westmorland Style always has been a top one wrestling among the all styles in England. After this Civil war began in which only Inter-units wrestling bouts were held. After 1865 a new star of wrestling Malington appeared who was a National champion and after sometime joining Military in Newyork he become colonel. Afterwards he left even the Military service for the wrestling devoted life and soon defeating Jeus Ansberth he gained popularity in wrestling defeating Sanfrancisco of Prinilous and after sometime defeating Benjamin etc.; the famous wrestlers. Like wise he became champion upto five times. But in 1875 A. D., he was defeated by James Own a heavy wrestler in Boston Music Hall (London) and then he good-bye the wrestling in 1879. His own Style was vanished with himself and the Greco-Roman wrestling came into light in England. The Greco-Roman American Wrestling star William Mooldun shined suddenly. Mooldun born in 1845 who earned money from wrestling for changing business upon the business who was

habitual to fight the wrestling bout by a bet of 10 U. S. Dollars. After the civil war Mooldun joined the French Army, crossing the Atlantic. He returned America again in 1876 and joined the Police where he succeeded to become the heavy weight champion of American Police force. Moreover he defeated Bibby of England in catch as Catch can and Greco-Roman both Styles. His Greco-Roman bout lasted upto two hours. He defeated Martin of Spain and Regga of France also as he claimed to be the world champion. He defeated Shora-Kincko in 1882 as the heavy weight Champion and Yuliwan was eliminated by him. Mooldun was a pure vegetarian and a religious wrestler who never touched meat or wine and he worshipped his body like a temple. Many many foreigners came to fight with him but no one could defeat him. He became the world champion and as well as a high standard sports officer himself. After that leaving the competition he declared Robber his successor who defeated Tri Robber. With the passing of time people lost their interest from Greco-Roman wrestling style and the public interest changed into catch as catch can wrestling style, whereas, the American stars of this style Tom Canon, Backwoodsman, and Jekins came in to light. Jekins gained name and fame in America as well as in England by means of this continuous victories in the bouts but he lost his reputation when he was beaten twice with a Russian lion-Hekan Jamid. Gotch also defeated Jekins. Hekan Jamid also went on tour as he was never defeated by any wrestler other than the American Wrestler Gotch. Not the least American President Washington and Abraham Lincoln were the famous champion of their time. During 1830 A. D. when a dispute was aroused in the bout of Armstrong and Abraham Lincoln then all of a sudden Abraham Lincon raised the hand of his opponent declaring him the winner of the bout, which is a shining example of sportsman spirit in history which is never forgotten. Thus this type of wrestling was played with keen interest even in America for a long period but if shined completely in the beginning of nineteenth century A. D. Whereas the first wrestling tournament was held in spring season and then it began to be started or organised every year under the auspicious of some American Collegiate teacher of Lebraska University Dr. Clap who refined the oriental or catch as catch can wrestling by formation of the new rules such as Weight categories, point system, duration of the bout and

the Fall upto two seconds. This type of wrestling was named as the Free style Wrestling latter on wick was introduced in olympic games.

Likewise Wrestling was played in Babylonia and Assyria for a long time from 2600 B.C. and there many youngsters became found of wrestling. It is well known by the history that the king of that state Gilgamesh who's height was some 16 feet as he started wrestling from childhood when he was a sheperd. One day all of a sudden this fight started in the market with a much more heavy body wrestler Erkidu and it is said that fight ended in a draw at last, as a result of that both of them became friends.

Without touching the history of India, the world wrestling history will remain incomplete where the oriental style wrestling was in action for the times immemorial which is a global style in which touching both the shoulders was considered as a fall and such as the Olympic Wrestling for which we are able to find the explanation of the some in the old and religious books of India-Ramayana, Mahabharata, Purans, Bhagwat etc. This type of oriental style or catch as catch can style wrestling of fall or flat was played in Aryavarat Jamboo-Dweep, Bhart-Khande or we can say or some part of china, Afghanistan



Fig.: 97 Soil wrestling

and Burma was existed in old India, such type of wrestling was fought in India for a long period as it is quite natural that the neighbour countries Ceylon, China, Pakistan, Nepal, Iran, Afghanistan as well as the African countries played the wrestling of soil and the present soil arenas among these countries are the living proofs of the oriental style wrestling. In the words of a American writer Gram Kaint "Wrestling has been in existence in India and Pakistan as a back records go and before that sport mentioned in the mythology of both nations who too have ancient documents - Ramayana and Mahabharata give a account of the famous wrestlers of thousands of years ago and several holds and throws has been named after the best legendary the best Indian wrestlers have always been subsistent to their skill. There are a thousand holds in Indian wrestling and common man be champion go brute force alone". The wrestling style is a kind of catch as catch can as both contestants wearing a lion cloth circle is waiting for a chance to pounce a great of deal action taken place on the ground and the bout is won when a contestant has both sholders pinned". Thus the wrestling history of India alone is much ancient than that of America, Europe and Asia. This type of oriental style wrestling of India which was known by many names in Europe and America before a century the same shined by the name of Free-Style and Greco-Roman and was adopted soon for the Olympic Games. Greco-Roman was not something new but it was been quoted in Old Indian books by the name of Bahu Yuddh means the fight of arms or hands as today



Fig.: 96 The Ancient master of Indian Werstling Hanumanji

we know it by the name of Greco-Roman. The quoted lines of the writer Kent are true as Indian wrestling have near about thousand holds.

History repeats itself that this type of Traditional wrestling was played in India, China, Japan, Tibet, Africa, Europe before thousands of years while U.S.A. is one of the top country who have the best records of Olympics from beginning as U.K. (London) has been the centre of all kinds of wrestling styles while Americans refined the shape of wrestling with weight categories, fall, time and point system and produced in the shape of Free Style and Greco-Roman which was entered in the St. Louis Olympic 1904 first time while Finland and Turkey has proud upon her wrestling history. Turkey has its own wrestling history who has proud of its ancient and Olympics records. We are able to know from documents of Tibet also where we find the bout of Kashimo and Keweries wrestling holds. When we look towards the record of Japan we find Sukuno the winner of the bouts who is considered as the first National champion of Japan and the first religious master of Japanese for teaching wrestling.

But the wrestling history of India is most ancient as this topic being finished after writing the following Sanskrit slok of thousands of years old book Harivansh Puran with the explanation of wrestling holds:-

**"Chittarhastakadikam Kritwa
Kakshabhandhachachakkartu"
Galganda ghaten Sunshulingam chasmin".**

Meaning :- In this Puran slok the techniques of wrestling has been described which resembles with the modern holds. That after that they began to use the horrible holds with full of strength such as Chittar hast, Kakshabandh, Galganda, Bahupash, Urohast, Poornkumbh etc. So reading this Sanskrit shlok one can know that even before five thousand years wrestling of fall or flat was on peak as the reference of ancient holds are the solid proofs of the same.

Though India is nowhere in Olympic wrestling yet it has been the home of wrestling and produced some world level wrestlers in the past. Leaving aside the mahabharata period wrestlers Bheem-Jarasandh, Shree Krishna-Chanoor, Jeemoot-Jamuwant, Salya-Hindimba, Balram etc. There were some world reknowned wrestlers during the Mughal period as the wrestling used to be fought on the soil or ground all over the



Fig.: 98 Lord Krishna king & Master of wrestling

world. At the early period no championship was held and a famous wrestler of a country was considered a world champion by defeating the other world fame wrestler of some another country. Such as Karimbux of India defeated the American world Champion Tom Canon in 1898 A.D. and became the world champion. The follower of Prof. Ram Murti, Govar Guha of India became the world champion by defeating the Karl short in three hours bout. Likewise Ghulam of India eliminated Kadar Ali Turkey in 1900 A. D. and received the world Title. It is well known That Gama of India won the John Bull Belt in 1910 A. D. held in London by defeating all the wrestlers as he defeated Zhebisco (Poland) in 1928 at Patiala. Moreover, K.D. Jadhev was the only



Fig.: 99 Gama & Zhebisco (Poland) bout at paliala (India)

figure to receive the Bronze Medal in wrestling during the Helsinki Olympic 1952 A.D., whereas Lalita of India defeated Habibi (Iran) Olympic Champion Melbourne 1956, by fall in a test match held in Delhi in 1956. (Iran-India).

But at present, India is nowhere in Olympics and America as well as Russia are top countries in Olympic wrestling. Thus Olympic wrestling has completed a 104 years from Athens to Sydney 1896 to 2000 who's detailed record with bio-data has been given forward and the results of the next Olympic are awaited, which is to be held in Sydney, Australia) 2000.

Wrestling has its own history in the world. The first Olympic games held in 776 B. C. in which wrestling was not introduced. Wrestling held first time in 704 B. C. Olympic games where Hercules and Anatayas fought to gather continuously for a sufficient time. It was the such kind of wrestling in which throwing the opponent three times on the ground was considered as the fall which was known as the Cumberland style wrestling when after a long period wrestling was started in Athens Olympic Games 1896 due to sport, faith of Greek people.

In the worlds of Russian historian P. Korovkin- "On holidays the Greeks held sports competitions or games the most famous competitions were the games held every four years in Olympic situated in the Peloponnesus Olympia was a sacred place for the Greeks. In the country stood the majestic temple of the Olympian Zeus. The temple gave the city its name. The temple contained an enormous statues of Zeus by Pheidias the great Greek sculpture other temples and thousand statues of Gods, heroes and winners of the games were situated ruined the Zeus temple. Buildings for sports exercises were behind the temples.

"Dozens of thousands of viewers assembled for the games from all over Greece. They travelled on cart, or, horseback, walked and sailed as vessels. Even Greek from distant colonies arrived. A whole tent tour would spring up around Olympia. Women were banned from Olympia. Those who broke this rule could be put to death.

The best Athletes competed in Running, Jumping, Wrestling. Discus and Javelin and fisticuffs at the Olympic games. One day was set off for competitions between young Athletes.

The most dangerous competition was the four horse chariot race. The chariots were to drive 12 times round the Hippodrome to the loud cries of thousands of viewers. The driver stood on the chariot and directed the horses. It required tremendous skill and agility. The fast rolling chariots often hit posts on the turn of the wheels of the other chariots and the broken chariot was hit by the others. In one race 8 only of 10 chariots crashed.

It was believed that all the free Greeks could compete at the games. But it took several years to prepare for the games, and the peasants and craftsman could not devote a lot of time to sport. That is why only wealthy people participated in the games only. The richest slave owners of the Greece could buy four racing horses for the chariot once a very rich Athenian bought of chariots to the games which tick first, second and fourth place. The owner of the horses and not the charioteer who risked his life was regarded as the winner of the race.

The References awarded the winners with the olive wreaths. When the winner returned to his native city he was greeted by the entire population because his victory won glory for his land. Statues were put up honouring the winners.

The month in which the Olympic games were held was regarded as sacred, wars were stopped for the period in Greece. The Greeks counted, the



Fig.: 100 Cumberland & West more land style wrestling
(Bretain, Scotland)

year from the year when first games were supposed to be started in 776 B.C.'

The Greeks believed that Zeus, Apollo and other most important gods lived on the highest mountain in Greece, Olympics. They were called to Olympian gods.

The Greeks imagined the life of the Gods on Mount Olympics like that of the nobles. The Gods lived in palaces, wore fancy clothes and often held feasts. As the nobles ruled the Tribes so that Olympians with Zeus at their head rules people and nature. The Greeks believed that Gods just as cruel, power seeking and revengeful as many noblemen.

The Gods were believed to have established the order on existing people; some were wealthy and noble, others were poor and still others were slaves. Those who rebelled against the order established by the Gods allegedly brought their anger and a severe punishment upon themselves."

After a long period of 1500 years gap Olympic games held in 1896 in Athens from April 6 to 15 where wrestling was held in heavy weight class in which Carl Schuhmann of Germany scored the gold medal whereas George Tsitas of U.K. and Stephen Christopoul of U.K. received silver and bronze. Total 13 countries participated in 9 various games.

During 1900 Olympic Games held in Paris from Sept. 20 to October 26 and 22 countries participated in the different 17 games where the event of wrestling was not held.

In 1904 the third Olympic Games which held in St. Louis from July 1st to November 23 where only 13 countries participated in total 14 games whereas U.S.A., U.K., Canada and Norway

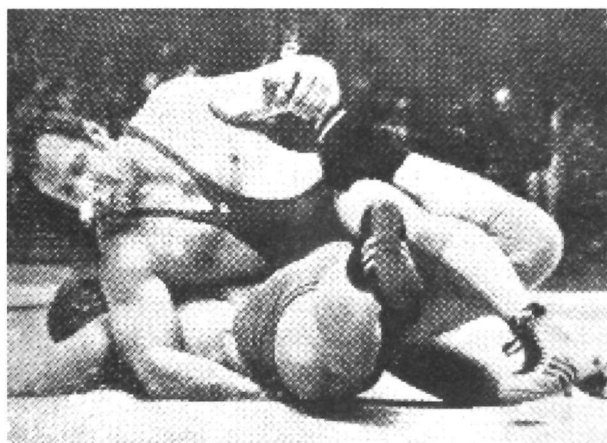


Fig.: 101 Shiffer sdadt aermay olympic bout

participated in wrestling. In the beginning of 20th century. Inter collegiate wrestling tournaments were organised among Vennsylvania and Male Universities in connection with that a Inter collegiate committee was formed who gave a new name to this oriental style wrestling or free style which was refined by new rules of weight categories, duration, points fall etc. in 1905.

Again intercollegiate games held in 1906 in Athens. 20 Nations represented by 884 competitors. Great crowd of world assembled in the morable Stadium of Athens. The Greco-Roman wrestling first time was held in which Autriche scored, Gold, Silver, Finland 1 Gold, Denmark 1 Silver. 2 Bronze while Hungary scored only one Bronze medal.

As 1908 Olympic games held in London (U.K.) from April 27 to May 21 where 22 nations represented in various 21 games. In Free Style wrestling U.K. scored 3 Gold, 2 Silver, 4 Bronze medals, U.S.A. 2 Golds, Norway 1 Silver medals while Sweden 1 Gold, 1 Silver, Italy 1 Gold. Hungary 1 Gold, U.S.S.R. 1 Silver, Finland and Denmark scored 1-1 Bronze medals in Greco-Roman Wrestling. Moreover the new rules were firmed during the congress.

As 1912 Olympic games were held in Stockholm (Sweden) from May 5 to July 22 where 23 nations participated in 14 various games. In Free Style wrestling U.S.A. scored 1 Gold, 1 Silver, 1 Bronze, Finland 1 Gold, Swiss 1 Gold, 1 Bronze Silver, Sweden 1 Gold. 1 Silver, U.S.S.R. 1 Silver whereas Denmark scored 1 Bronze medal On the occasion of this 5th Olympic games. The world wrestling body FILA was formed as Mr. Ferebe of Germany was elected as the President of FILA unanimously.

The 6th Olympic games for 1916 were awarded to Berlin but games inevitable has to be cancelled due to first world war as wrestling event also did not held.

The 7th Olympic games were held in Antwerp during 1920 from Aug. 23 to September where 29 Nations took part in various 22 games. When the International Olympic Committee met in 1914 a new flag had been presented to them which carried 5 circles to signify the Olympic brotherhood spinning 5 continents but the first world war upset the I.O.C.'s plans. The 1920 Olympic Games had been scheduled for Budapest but none of the defeated Nations allowed to compete and games were allotted to Antwerp. In

free style wrestling U.S.A. scored 1 Gold, 1 Silver, Finland 1 Gold as U.K. 1 Bronze medal while in Greco-Roman wrestling Finland received 5 Golds, 5 Silvers, 2 Bronzes, Sweden 3 Golds, 2 Bronzes, Denmark 1 Silver 1 Bronze and Norway 1 Bronze only.

The Olympic Games were opened in Paris in 1924 from June 4 to July 27 in the Columbus stadium on the expressed request of Barane de Couber tine where 44 Nations participated in various 18 games including, wrestling Finland scored 2 Golds, 3 Silvers, 2 Bronze, U.S.A. 3 Golds, 1 Silver, 2 Bronzes, Belgium 7 Silvers, U.K. 1 Bronze, Japan 2 Bronzes, U.K. where Eino Lino the promising wrestler of Sweden scored Gold medal, in 82 kgs whereas in Greco-Roman Finland scored much more medals 3 Gold, 4 Silvers, 3 Bronze, France, Sweden 1 Gold, 1 Silver. 1 Bronze, 1 Bronze France 1 Gold, Estonia 1 Gold while Hungary 1 Silver and 1 Bronze.

The 9th Olympic games held in 1928 in Amsterdam-(Holland) from July 17 to August 12 whereas 26 Nations participated in 15 various games including wrestling. In free style wrestling Finland scored highest medals 2 Golds, Estonia 2 Bronzes, Canada 1 Silver, 2 Bronzes and Belgium 1 Bronze only whereas Germany 1 Gold, 1 Silver, 1 Bronze, Finland 1 Gold 1 Silver, 2 Bronzes, Estonia 1 Gold 1 Silver, Egypt 1 Gold, Italy 2 Bronzes and Tch 1 Silver in Greco-Roman wrestling.



Fig.: 102 Medred Alaxender (USSR) 3 times olympic & 7 times world champion 100 to 130 kg.

The 10th Olympic summer games held in 1932 in Los Angeles from July 30 to August 14 and it was the first time that the Olympic games held outside Europe where 46 countries participated in different 15 games. Where India won the gold medal in field Hockey by training maximum goals. U.S.A. scored 3 Golds, 2 Silvers, Sweden 2 Golds, 1 Silver, 1 Bronze, Finland 1 Gold, 1 Silver 2 Bronze and Autriche reached up to 1 Bronze medal whereas in Greco-Roman wrestling Sweden received 4 Golds 1 Bronze, Finland 2 Golds 1 Silver, 1 Bronze, Germany 1 Gold, 2 Silvers, 1 Bronze, Italy 1 Gold, 1 Silver, 2 Bronzes, Denmark and Tche 1-1 Silver and France & Australia scored 1-1 Bronze medals.

The 17th Summer Olympic Games held in Berlin in 1936 from August 1 to Sept. 16.49 Nations represented for 20 games where Adolf Hitler greeted the world in Reich Stadium. In Free Style wrestling Kunt Fridall of Sweden 90 kgs. Emilio Polio 82 kgs and Christain Palusaly of Estonia won



Fig.: 103 K.D. Jadav (India) olympic champ. Helsinki 1952

the Golds in these respective weight classes. Sweden scored 1 Gold, 1 Silver, 1 Bronze, U.S.A. 1 Golds, 3 Silvers Finland 1 Gold, 1 Bronze, France 1 Gold, Hungary 1 Gold Estonia 1 Silver. Tch. 1 Silver, Germany 1 Silver, Canada 1 Bronze and Turkey received 1 Bronze medal whereas Sweden received 3 Golds, 2 Silvers, 1 Bronze, Finland, 1 Gold, 1 Silver, 1 Bronze Estonia 1 Gold, 2 Bronzes Turkey 1 Gold, Hungary 1 Gold, 1 Bronze Germany 2 Silvers, 1 Bronze, Lat 1 Silver, Tche 1 Silver medal.

The 12th Summer Games were awarded to Tokyo (Japan) but when the Japanese involved in war with China they were awarded to Helsinki but the Olympic could be organised neither in Tokyo and nor in Helsinki and the event wrestling likewise could not be held.

The 13 Olympic Games hopefully awarded to London but the 2nd world war still had to run more and thus Olympic games were cancelled.

In 1945 Lord Burghlay flew to Stockholm to tell the I.O.C. that London was prepared to stage the next Olympic Games of 1948 as the 2nd world war had finished earlier. Likewise the 14th Summer Games held at London during 1948 from July 29 to August 14 where 59 nations participated in various 18 games. In Free Style wrestling Turkey scored 4 Golds, 2 Silvers U.S.A., 2 Golds, 1 Silver, 1 Bronze, Hungary 1 Gold, Finland 1 Gold, Sweden 3 Silvers, 3 Bronzes, France 1, Bronze in Greco-Roman Sweden 5 Golds, 1 Silver Turkey 2 Gold, 1 Silver, 1 Bronze, Italy 1 Gold, 2 Bronzes, Hungary 1 Silver, 2 Bronze, Finland 1 Silver, Denmark 1 Bronze and Egypt 1 Bronze etc. medals.

The 15th summer Olympic games opened from July 19 to August 3, Sept. 1952 at Helsinki in Ultra Modern stadium where 69 countries gathered for 17 games. In Free Style wrestling first time India scarcely could reached upto the Bronze medal which was scored by K.D. Jadhav who participated in 57 kg weight category. Sweden 2 Golds, 1 Silver, U.S.S.R. scored 2 Gold 1 Silver, Turkey 2 Gold, 1 Silver U. S. A. 1 Gold, 2 Silvers, 1 Bronze, Japan 1 Gold, Iran 2 Silvers, 1 Bronze, India 1 Bronze, U.K. 1 Bronze and Hungary received one Bronze medal whereas U.S.S.R. scored 4 received one Bronze medal whereas U.S.S.R. scored 4 Golds, 1 Silver, 1 Bronze, Hungary 2 Golds, 1 Silver, 1 Bronze, Libya 1 Silver, 1 Bronze, Tche 1 Silver, 1 Bronze, Libya 1 Silver, 1 Bronze, Egypt 1 Bronze medal in Greco-Roman wrestling.

The 16th Olympic held at Melbourne in 1956 from November 22 to December 8 where 71 countries took part in 17 games. Soviet Union took Soccer Championship while India scored Hockey Championship 6th times. In free style wrestling Takhti of Iran scored Gold Medal in 90 kg whereas U.S.S.R. 1 Gold, 2 Silvers, Turkey 2 Gold, 1 Silver, 1 Bronze, Japan 2 Golds, 1 Silver, Bulgaria 1 Gold, Belgium 1 Silver, U.S.A. 1 Silver while in Greco, 1 Bronze Roman wrestling U.S.S.R. received 5 Gold, 1 Silver, 1 Bronze, Finland two Gold,



Fig.: 104 Adolf shegar (Germany)

Turkey 1 Gold, 1 Silver, 1 Bronze Hungary 1 Gold, 1 Silver, Bulgaria 2 Silvers, Germany 1 Silver and Romania 1 Silver medals.

The 17th summer Olympic Games opened in 1960 at Rome from August 25 to September 17 where 83 Nations participated in 17 games. Because Mr. Coubertine wished the 1908 for Olympic games to be held in Rome but his desired fulfilled after 52 years and in hockey 6th time team champion India was beaten by Pakistan.

In Free Style wrestling Wilfried Dietrich of Germany 100 kg a popular Olympian won the Gold medal. Bulgaria and Yugoslavia reached upto the golds by Ismail Abilov 82 kgs and Illaya Mate 100 kgs respectively whereas Pakistan could reached upto the Bronze medal (Mohammad Bashir 74 kg) first time Turkey scored 3 Golds 2 Silvers, U.S.A. 3 Golds, U.S.S.R. 2 Silvers, 3 bronzes, Japan 2 Silvers, Germany 1 Gold and Iran, Pakistan, Greco-Roman wrestling U.S.S.R. 3 Golds, 3 Silvers, Turkey 3 Golds, Romania 1 Gold, 1 Silver, 1 Bronze, Germany 3 Silvers, 1 Bronze, U.S.S.R. Hungary, Yugoslavia each 1 Silver, Sweden, France Iran, Tche each 1 Bronze.

It was the first time when Olympic games were staged in Asia. The 18th Olympic games were organised at Tokyo in 1964 from October 10 to

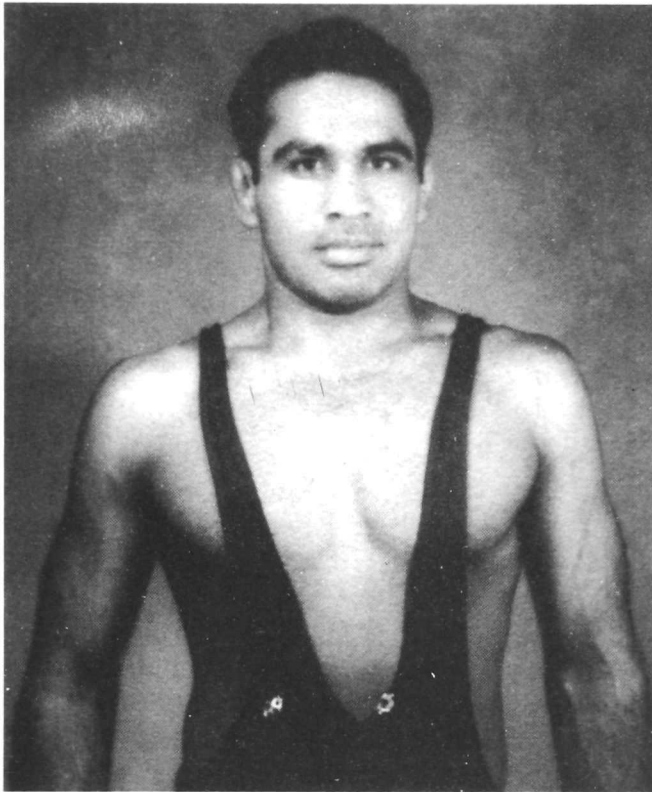


Fig.: 105 Mohamad Bashir Pakistan (Bronze Rome 1962)

24. The Olympic torch was lit by Yoshinori Sakai who was born in Hiroshima one hour before the atomic bomb exploded in 1945. 93 countries participated in 19 games. In Free style wrestling Japan scored 3 Golds, 1 Bronze, Bulgaria 2 Golds, 2 Silvers, 1 Bronze, Turkey 1 Gold, 2 Silvers, 1 Bronze U.S.S.R. 1 Gold, 1 Silver, 2 Bronzes, Korea 1 Silver, Germany 1 Silver and Iran 2 Bronze medals. Medved Alexander the most promising champion wrestler of U.S.S.R. 90 kgs scored Gold Medal. Yojire Uekate 57 kgs shined that name of Japan by receiving the Gold medal as he again scored the Gold medal in Olympic also. In Greco-Roman wrestling Japan scored 2 Golds, Hungary 2 Golds, Bulgaria 1 Gold, 2 Silvers, U.S.S.R. 1 Gold, 3 Silvers, 1 Bronze, Turkey 1 Gold, 7 Bronzes, Yugoslavia 1 Gold, 1 Bronze, Sweden 1 Silver, 1 Bronze, Tche 1 Silver, Romania 1 Silver 2 Bronzes and Germany scored 2 Bronze medals.

The 19th Olympic games held at Mexico in 1968 from October 12 to 27 Nov. where 112 countries participated in 18 games. Medved Alexander 100 kgs of U.S.S.R. again scored the gold medal in Free Style wrestling. Dan Gable of U.S.A. the most promising and intelligent wrestler scored the Gold medal in 68 kgs weight class. Japan scored 3 Golds, Turkey 2 Golds, 1 Silver, U.S.S.R. 2 Golds

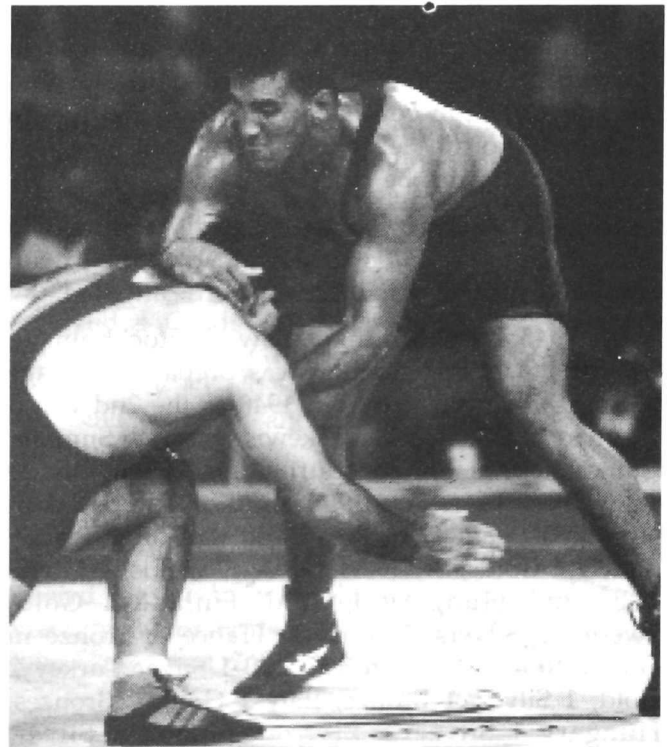


Fig.: 106 Jeff Thue (Canada) heavy weight (Silver)
Atlanta olympic 1996

1 Silver, Iran 1 Gold, 2 Bronzes, Bulgaria 3 Silvers, 1 Bronze, France 1 Silvers, 1 Bronze, U.S.A. 1 Silver, Hungary 1 Bronze, FRG 1 Bronze medals whereas in Greco-Roman Bulgaria 2 Golds, GDR 2 Golds, Hungary 2 Golds, 1 Bronze, U.S.S.R. 1 Gold, 4 Silvers, 1 Bronze, GDR 2 Golds, Japan 1 Gold, 1 Silver, Yugoslavia 1 Silver, 1 Bronze, Romania 1 Silver, 1 Bronze, Turkey 1 Gold, 1 Silver, Sweden 1 Silver, 1 Bronze, Teche. 1 Silver medals respectively.

The 20th Summer Olympic Games held in Munich 1972 from August 26 to September 11, where 112 countries participated in 21 various games as Archery again returned after a long time. Germany topped in field Hockey as Pak. stood second and India third.

In Greco-Roman wrestling Dan Gable 68 kgs of U.S.A. again scored the gold medal who at present is serving as a coach of U.S.A. and the most popular Olympian Medved Alexander third time scored the gold medal in super heavy 130 kgs weight category one more U.S.A. super heavy weight 194 kgs Weight Wrestler Mr. Chris Taylor scored Bronze medal. Perhaps Super heavy weight 150 kgs limit was started after his death owing to excess weight as a result of that he died of heartattack. While U.S.A. scored 5 Golds, U.S.S.R.

3 Golds, 3 Silvers, 1 Bronze, Bulgaria 1 Silver, 1 Bronze, Sweden 2 Silvers, Hungary 3 Bronzes, Turkey 1 Bronze, Mongolia 1 Bronze, PRK, FRG, Romania, Mongolia each 1 Bronzes, medals whereas in Greco-Roman wrestling U.S.S.R. scored 4 Golds, 2 Silvers, Bulgaria 2 Golds, 2 Silvers, 1 Bronze, Romania 2 Golds, 1 Bronze, Tche 1 Gold, Yugoslavia 1 Silver 1 Bronze, Great Britain 1 Silver, GDR 1 Silver, Iran 1 Silver, Finland and Sweden received 1 Bronze medals each.

The 21st summer Olympic games held at Montreal in 1976 from July 17 to August 1 where 92 countries participated in 21 games including wrestling. While in Free Style wrestling U.S.S.R. scored 4 Golds, 3 Bronzes, U.S.A. 1 Gold, 2 Silvers, 2 Bronzes, Japan 1 Gold, 2 Bronzes, Korea 1 Gold, 1 Bronzes GDR, Iran, Mongolia 1 Silver each FRG 1 Bronze, Bulgaria 1 Bronze medals. Whereas in Greco-Roman wrestling U.S.S.R. received 8 Golds, 2 Silvers, 1 Bronze, Finland 1 Gold, Yugoslavia 1 Golds, 1 Silver Poland 1 Golds, 1 Silver, 3 Bronzes, Tche 1 Silver, GDR & FRG 1 Bronzes each. Soslan Andiyev 130 Kgs of U.S.S.R. scored Gold medal each.

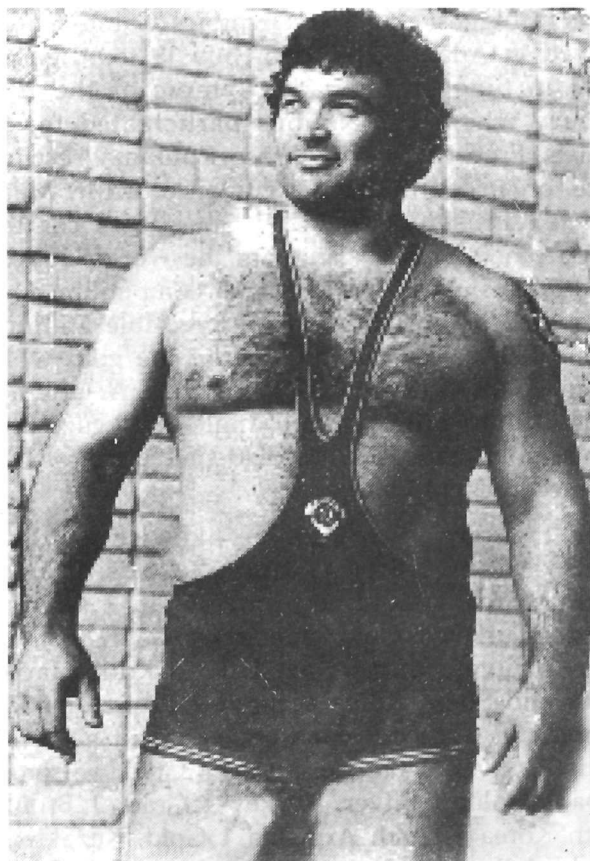


Fig.: 107 Mat 100 kg USSR Olympic Champion
Moscow 1980

The 22nd Summer Olympic Games opened in 1980 at Moscow from July 19 to August 3 where 81 countries participated in various 21 games. This Olympic was boycotted by American president Jimi carter who used the opportunity to protest against Soviet invasion of Afghanistan in 1979. Field Hockey championship was again win by India.

While in Free Style wrestling U.S.S.R. scored 6 Golds, 1 Silver, 1 Bronze medal, Bulgaria 2 Golds, 3 Silvers 1 Bronze, Yugoslavia, PRK 2 silvers, Mongolia, PRK, Hungary, GDR each 1 Silver, 1 Bronze, Great Britain 1 Bronze and Tche received 2 Bronzes medals respectively. John Smith of U.S.A.. 68 kgs the promising Olympian won the Gold medal as Soslan Andiyev 130 kgs of U.S.S.R. again scored Gold medal in the second Olympic in Free Style Wrestling Whereas in Greco-roman wrestling U.S.S.R. got 5 Golds, 2 Silvers, 1 Bronze, Romania 1 Gold, 1 Silver, 1 Bronze, Bulgaria 1 Gold, 1 Silver, 1 Bronze, Poland 4 Silvers, Germany 1 Gold, Finland and Lib. received 1 Bronze medals each.

The 23rd Summer Olympic Games opened in 1984 at Los Angeles from July 28 to August 12 where 140 nations represented in 21 games. It was a revenge of four years back Moscow Olympics which was boycotted by U.S.A. Olympic Games were organised with the help of friend countries. In 1980 Moscow Olympic Russia dominated in Free Style as well as Greco-Roman whereas U.S.A. dominated in both styles here in Los Angeles Olympic games. The world famous super heavy weight Olympian wrestler of U.S.A. Bruce Baum Gartner scored the gold medal who could reach upto the Atlanta Olympics scoring the medals in each Olympic continuously.



Fig.: 108 Mat USSR Olympian



Fig.: 109 Most Popular Coach & Olympian Dan Gable (USA)

In the Free style Wrestling U.S.A. scored 5 Golds, 3 Silvers, 1 Bronze, FRG, U.K. each 1 Silver, Finland, Yugoslavia, U.K., Turkey each bronze medal whereas in Greco-Roman style U.S.A. gained 2 Golds, 1 Silver, Romania 2 Golds, 1 Silver, 2 Bronzes, Yugoslavia 1 Gold, 1 Silver, 1 Bronze, Japan 1 Gold, 1 Silver, 1 Bronze, Finland 1 Gold, 1 Silver FRG 1 Gold, 1 Silver, Korea and Norway each 1 Gold, Mexico 1 Silver, 1 Bronze, Sweden 2 Silvers, 2 Bronzes, U.S.S.R. 1 Silver, 1 Bronze, Bulgaria 1 Silver, Japan 1 Silver, 1 Bronze, Germany 1 Bronze, Tche 1 Silver and Swiss 1 Bronze medals.

The 24th Olympic Games held in 1988 at Seoul from September 17 to October 5. It was the second time to organise the Olympic games in Asia where 159 countries participated in 23 games. In Free Style Hanmyong woo 82 Kgs of Korea won the gold medal as U.S.S.R. gained 4 Golds, 4 Silvers, 2 Bronzes while U.S.A. scored 2 Golds, 1 Silver, 3 Bronzes, Japan, 2 Golds, 1 Silver, Korea 1 Gold, 1 Silver, 2 Bronzes, Bulgaria 1 Silver, 2 Bronzes, Iran, Turkey, Yugoslavia, 1 Silver each. Czechoslovakia and GDR scored 1 Bronze medals each. In Greco-Roman wrestling U.S.S.R. received

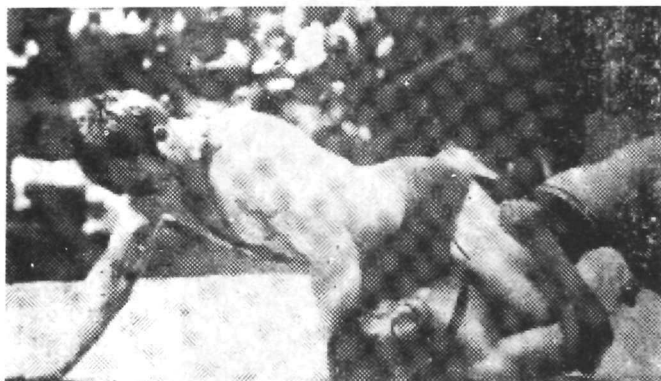


Fig.: 110 Olympic beut

5 Golds, 1 Silver, 1 Bronze, Bulgaria 1 Gold, 3 Silver, 3 Bronzes, Poland 1 Gold, 1 Silver, 1 Bronze, Hungary 1 Gold, 1 Silver, Korea 1 Gold, 1 Silver, 3 Bronzes, Norway & Italy, Gold each, Finland, 1 Silver, 1 Bronze, Japan & FRG 1 Silver each U.S.A., Sweden gained 1 Bronze medals.

The 25th Summer Olympic Games opened in 1992 at Barcelona from July 25 to August 9 where 169 Nation participated in various 25 games. In Free Style wrestling the popular Olympian Bruce Baum Gartner 130 Kg of U.S.A., again scored Gold medal in the third Olympic while Mokartbekha. Lartzev 90 kgs of U.S.S.R. won the Gold medal. U. K. secured 2 Golds, 1 Silver, 2 Bronze, U.S.A. 2 Golds, 3 Bronzes, North Korea 2 Golds, 2 Silvers, Korea 2 Golds, 2 Bronzes, Cuba 2 Gold, 1 Bronze, Iran 1 Silver, 2 Bronzes, Japan 1 Bronzes, Cuba 2 Golds, 1 Silver Germany 1 Gold, 1 Silver, Hungary and Norway gained 1 Gold each, U.S.A. 2 Silvers, 1 Bronze, Sweden 1 Silver, 2 Bronzes, North Korea, China, Romania secured 1 Bronze medal each.

The 26th Summer Olympics Games which opened in Atlanta 1996 from July 19 to August 4 were in biggest and last Olympics Games which opened in Atlanta 1996 from July 19 to August 4 were in biggest and last Olympic of the 20th century where 197 Nations participated for 26 games. Free Style and Greco-Roman wrestling were, organised under the guidance of Mr. Milan Ercegan President of FILA. Spectators coming over from the every corner of the world enjoyed wrestling bouts in a wide open competition Hall where the organisation was appreciable Mahmut Demir 130 kgs of Turkey secured the gold while Bruce Baum Gartner 130 kgs of U.S.A. attempt reached upto Bronze, Kurt Angle 100 kgs U.S.A. gained gold medal Result Khadem 100 kgs of Iran also secured gold.

In Free style scoring was likewise U.S.A. 3 Golds, 1 Silver, 1 Bronze, Russia 3 Golds, 1 Silver, North Korea 1 Gold, 1 Bronze, Iran 1 Gold, 1 Bronze, Turkey 1 Gold, Bulgaria 1 Gold, 1 Silver, Azer 1 Silver, Cuba, Kaz, U.K., Ukrain, Japan Silver and South Korea secured 3 Bronze medals whereas in Greco-Roman style Poland gained 3 Golds, 1 Silver, 1 Bronze, Russia 1 Gold, 1 Bronze, Guba 1 Gold, 1 Silver, Turkey 1 Gold, 1 Bronze South Korea 1 Gold, Armenia 1 Gold, Kazakhstan 1 Gold, 1 Bronze, U.S.A. 3 Silver, Bulgaria 1 Silver, 1 Bronze, France Finland each 1 Silver, Maldove gained Bronze medals.

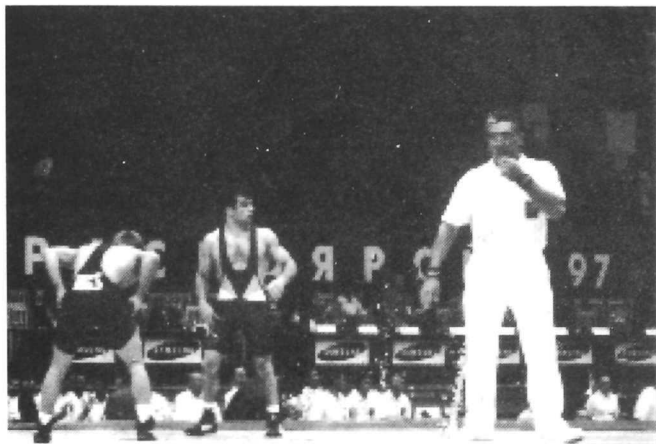


Fig.: 111 Atlanta olympic 1996 Jeff thue Canada (silver)

During Atlanta Olympic Games FILA congress was held under the Presidentship of Mr. Milan Ercegan and the lower two weight categories were washed 20th Century out with reducing all the categories. During the early Era Milo of Greece has been a shining wrestler in the world. Setting a record of continuously 24 years 6 times Olympic wrestling champion when Medved Alexander is the popular Olympian of the who has been 3 times Olympic Champion and seven times world Champion and as next to him we can name the U.S.A. Olympic wrestlers. Baum Greater super heavy wrestler and Dangable but Medved has no comparison.

The rules of wrestling were all together changed during the 100 years Olympics as were adjusted accordingly for the betterment of wrestling the two seconds fall time was converted into one second fall as duration of the bout which was decided for 15 minutes in Amsterdam Olympic 1928 was passed up to 12, 9, 8, 5 and 6 minutes at present. You can imagine when in Stockholm Olympic Martin of U.S.S.R. beat Alfred of Finland in 100 kgs after 11 hours struggle as the total duration which have day and night difference in present duration. Likewise point system reached upto 1,2,3,4,5 from 1,2,3 points which is 1,2,3,5, exists at present. The super heavy weight category had no limit in Munich Olympic 1972 which was limited afterwards upto 150 kgs and then 130 kgs. Moreover the weight categories of seniors were such as 48, 52, 57, 62, 68, 74, 82, 90, 100 and 130 kgs were changed in to 54, 58, 63, 69, 76, 85, 97, to 130 with removal of the two weight categories of the beginning. Moreover the Olympic wrestling which held after every 4 years the world championship was began after each two years.

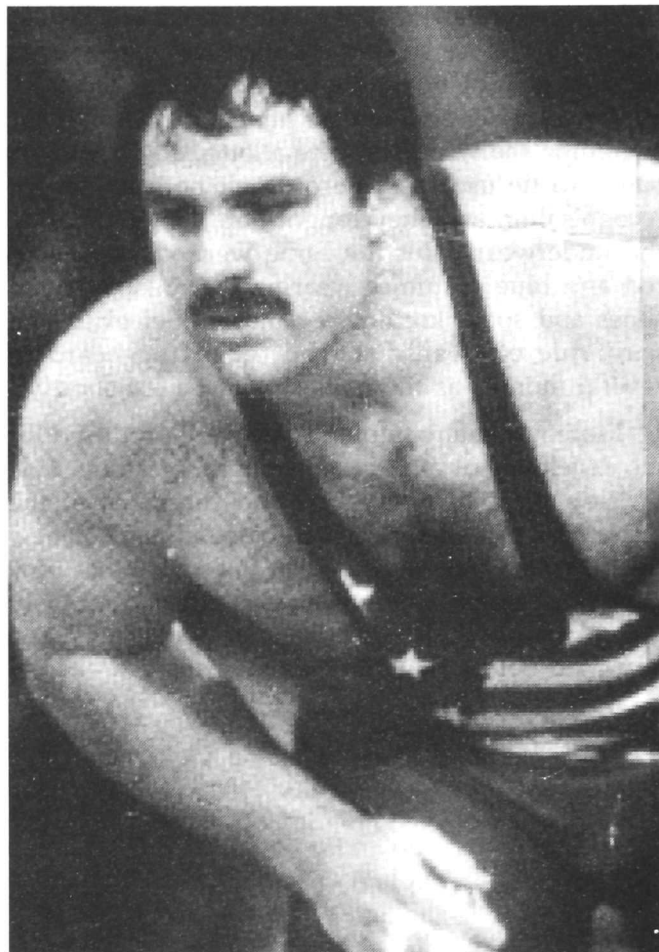


Fig.: 112 Bruce Baum Gartner (USA) three times olympic champion

When the junior weight categories were produced side by side the seniors which were changed into 50, 54, 58, 63, 69, 76, 85, 97, 130 kgs. and mini 14 years and cadet 16 years categories were also produced for the world championship in Free Style



Fig.: 113 Olympic of U.S.S.R, Poland & Bulgaria

and Greco-Roman categories of school boys, cadets, juniors as well as seniors changed with age groups such as school boys, 14 to 15, cadets 16 to 17, juniors 18 to 20 and seniors above 20 years. In the beginning the wrestlers were allotted Red and Blue bands to tie up the same on their both ankles for recognition and they fought bare footed wearing the underwears, But the same were changed into red and blue costumes wearing the ankle covered shoes and socks keeping a handkerchief existing a hard rule of cleanly shaved or having beard of several months as the nails should be cut shortly.

Moreover many minute rules were produced for the development of fine and smooth wrestling. Side by side the pairing system and the rules of the victory surpassed through the amendment of new rules time to time and we can not know that how long the present rules will exist. After passing of a century of quite new shape of wrestling have appeared before us with a great change.



Fig.: 114 Dietrich the World famous Olympian (Germany) Applying front salto upon Chris Tailor (USA) 194 kg. during Munich olympic 1972.



Fig.: 115 A view of Sedney olympic outside Wrestling Champion Hall

Moreover during hundred years U.S.A. and Russia has been on top in Free Style wrestling by securing 95 and 55 medals whereas U.S.S.R. and Finland in Greco-Roman by securing 63 and 53 medals. During the 100 years Olympics some 35 countries reached up to the Olympic medal in Free Style when some 39 countries could reached upto the Greco-Roman as the list of the such countries is given below with the Medal tally in details with gold, silver and bronze medals with short details of superior Olympians of the said countries. After the same the every such countries medal scoring list has been shown with the country wise record and then with the Olympic wise record there on.

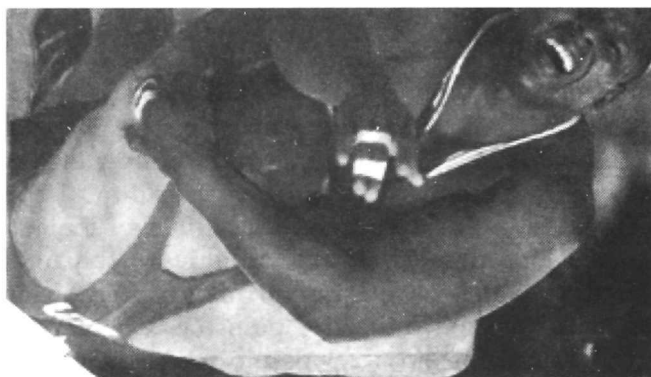


Fig.: 116 Romero (85 kg.) Gold Medalist during Sedney Olympic 2000

FINAL LIST

Medals Tally Free Style

		Gold	Silver	Bronze		Total
1.	U.S.A.	44	33	18	=	95
2.	U.S.S.R.	32	15	8	=	55
3.	Japan	16	9	11	=	36
4.	Bulgaria	7	15	8	=	30
5.	Turkey	11	10	4	=	25
6.	Finland	8	10	8	=	26
7.	Sweden	8	10	6	=	24
8.	Iran	5	9	5	=	18
9.	U.K.	3	5	9	=	17
10.	N. Korea	7	3	6	=	16
11.	Hungary	3	4	3	=	10
12.	Swiss	3	3	3	=	9
13.	Mongolia	0	4	4	=	8
14.	Canada	0	5	3	=	8
15.	France	2	2	3	=	7
16.	Romania	1	2	3	=	6
17.	Yugoslavia	2	1	2	=	5
18.	FRG	1	1	3	=	5
19.	GDR	0	2	4	=	6
20.	Estonia	2	1	0	=	3
21.	PRK	0	2	1	=	3
22.	Belgium	0	3	0	=	3
23.	Poland	0	2	1	=	3
24.	Cuba	0	1	1	=	2
25.	Italy	1	0	0	=	1
26.	Australia	0	1	0	=	1
27.	Syria	0	1	0	=	1
28.	Armenia	0	1	0	=	1
29.	India	0	0	1	=	1
30.	Czechoslovakia	0	0	1	=	1
31.	Pakistan	0	0	1	=	1
32.	Tche	0	0	1	=	1
33.	Georgia	0	0	1	=	1
34.	Ukrain	0	0	1	=	1
35.	Autriche	0	0	1	=	1

GRECO-ROMAN STYLE

Medal Tally

	Gold	Silver	Bronze	=	Total
1. U.S.S.R.	34	19	10	=	63
2. Finland	17	18	18	=	53
3. Cze	5	15	18	=	38
4. Hungary	14	9	9	=	32
5. Bulgaria	8	14	7	=	29
6. Romania	6	8	12	=	26
7. Yugoslavia	3	56	4	=	63
8. Tche	1	6	3	=	10
9. Japan	3	1	4	=	8
10. Italy	0	0	9	=	9
11. U.S.A.	0	2	6	=	8
12. North Korea	3	1	4	=	8
13. GDR	0	5	1	=	6
14. Denmark	0	3	3	=	6
15. Blr	2	2	1	=	5
16. Cuba	2	1	2	=	5
17. FRG	1	3	1	=	5
18. Poland	0	0	5	=	5
19. Italy	0	0	5	=	5
20. C.I.S.	0	3	2	=	5
21. Greece	0	1	4	=	5
22. Norway	2	1	1	=	4
23. Australia	1	2	1	=	4
24. Egypt	1	1	2	=	4
25. Estonia	0	0	4	=	4
26. Ukrain	1	1	1	=	3
27. Libya	0	1	1	=	2
28. South Korea	0	1	1	=	2
29. France	0	0	2	=	2
30. Kazakistan	0	0	2	=	2
31. Russia	0	0	2	=	2
32. China	0	0	2	=	2
33. Autriche	0	1	1	=	2
34. Var	0	1	1	=	2
35. Suisse	0	0	1	=	1
36. Latvia	0	0	1	=	1
37. Mexico	0	0	1	=	1
38. Maldiva	0	0	1	=	1
39. Armenia	0	0	1	=	1

A LIST OF THE SELECTED OLYMPIANS (FREE STYLE)

1. Bruce Baum Gartner (U.S.A.) 1984, 92 gold, and 1988 Silver 30 kg.
2. Stanley Baccon (U.K.) 1908 Gold 82 kg.
3. Eino Leino (Finland) 1924 Gold 82 kg.
4. Jacob Gundersen (Norway) 1908 Silver 100 kg.
5. Adelmo Bulgarelli (Italy) 1956 Bronze 100 kg.
6. Medved Alexander (U.S.S.R) 1964 Gold 90 kg, 1968 gold 100 kg, 1972 Gold 130 kg.
7. Kunt Fridell (Sweden) 1936 Gold 90 kg.
8. Emile Poilve (France) 1936 Gold 82 kg.
9. Nikolaus Hirschl (Aut) 1932 Bronze 100 kg.
10. Christian Palusalu (Estonia) 1936 Gold 100 kg.
11. Robert Roth (Switzerland) 1920 Gold 100 kg.
12. Joseph Armstrong (Australia) 1948 Bronze 100 kg.
13. Ahmed Ayik (Turkey) 1964 Silver 1968 Gold 90 kg.
14. Kha-Sabha Jadhav (India) 1952 Bronze 57 kg.
15. Ghulam Raja Takhti (Iran) 1956 Gold 90 kg.
16. Shozo Sasahara (Japan) 1956 Gold 62 kg.
17. Jeff Thue (Canada) 1992 Silver 130 kg.
18. Mohammad Bashir (Pakistan) 1960 Bronze 74 kg.
19. Ismail Abilov (Bulgaria) 1980 Gold 100 kg.
20. Illya Mate (Yugoslavia) 1980 Gold 100 kg.
21. Jamtsyng Davvajav (Mangolia) 1974 Silver 74 kg.
22. Josef Lohyna (Czechoslovakia) 1988 Bronze 82 kg.
23. Joseph Atiyeh (Syria) 1984 Silver 100 kg.
24. Wilfried Dietrich 1960 Gold 100 kg.
25. Li Hak Son (North Korea) 1992 Gold 52 kg.
26. Han Myang-Woo (South Korea) 1988 Gold 82 kg.
27. Vasile Puscaue (Romania) 1988 Gold 100 kg.
28. Dankarabin (Tech.) 1980 Bronze 74 kg.
29. Jozsef Balla (Hungary) 1976 & 1980 Gold 130 kg.
30. Alexander Puerto (Cuba) 1992 Gold 57 kg.
31. Ho Pyong (PRK) 1980 Silver 57 kg.
32. Adam Sadurski (Poland) 1980 Bronze 130 kg.
33. Joseph Mewis (Belgium) 1956 Silver 62 kg.
34. Armen Mkrttchine (Armania) 1996 Silver 62 kg.
35. Eldari Kurtanidza (Georgia) 1996 Silver 62 kg.
36. Elbrus Tadaved (Ukraine) 1996 Bronze 62 kg.
37. Carl Schuhmann (Germany) 1896 Gold 100 kg. (Greco-Roman)
38. Soren Jensen (Denmark) 100 kg. Gold (Greco-Roman)
39. Jeff Thue (Canada) 130 kg. Silver.

COUNTRYWISE OLYMPIC RESULTS FREE STYLE GOLD MEDALS

Cuba : Free Style (Gold)

1992 Alejandro Puerto (Cuba) Gold 57 kg.

Switzerland : Free Style (Gold)

1920 Robert Roth (Sui) 100 kg.

1924 Hermann Gehri (Sui) 74 kg.

1928 Fritz Hagmann (Sui) 82 kg.

Iran : Free Style (Gold)

1956 Emamali Babibi (Iran) 68 kg.

1956 Gholam Reza Takhti (Iran) 80 kg.

1968 Abdullāh Movahed Ardabili (Iran) 68 kg.

1956 Rasull Khadem Azghadi (Iran) 90 kg.

Romania : Free Style (Gold)

1968 Vasile Puscasu (Rom) 100 kg.

Est : Free Style (Gold)

1928 Osvald Kapp (Est.) 68 kg.

1936 Kristian Palusalu (Est.) 100 kg.

U.K. : Free Style (Gold)

1908 George de Relwyskow (U.K.) 68 kg.

1908 Stanley Bacon (U.K.) 82 kg.

1908 George o'kelly (U.K.) 100 kg.

Hungary : Free Style (Gold)

1936 Odon Zombori (Hungary) 57 kg.

1936 Karoly Karpati (Hungary) 68 kg.

1948 Gyula Babis (Hungary) 100 kg.

Germany : Free Style (Gold)

1960 Wilfried Dietrich (Germany) 100 kg

Yugoslavia : Free Style (Gold)

1980 Ilya Mate (Yug) 100 kg.

1984 Saban Trstena (Yug) 52 kg.

Turkey : Free Style (Gold)

1948 Gazanfer Bilge (Tur) 68 kg.

1948 Yosar Dogu (Tur) 74 kg.

1948 Nasuk Akar (Tur) 57 kg.

1948 Celal Atik (Tur) 68 kg.

1952 Bayram Sit (Tur) 68 kg.

1952 Hasan Gemici (Turkey) 52 kg.

1956 Hamit Kaplan (Tur) 100 kg.

1960 Mustafa Dagstanli (Tur) 62 kg.

1960 Hasan Gungor (Tur) 62 kg.

1960 Ahmet Bilek (Tur) 52 kg.

1961 Ismet Atli (Tur) 90 kg.

1962 Mahamut Atalay (Tur) 74 kg.

1964 Ismail Ogan (Tur) 74 kg.

1968 Ahamed Ayik (Tur) 90 kg.

1996 Mahmut Demir (Tur) 130 kg.

Bulgaria : Free Style (Gold)

1956 Nikola Stanscher (Bulg) 82 kg.

1964 Prodan Gardshev (Bulg) 82 kg.

1964 Enyu Valtshev (Bulg) 68 kg.

1976 Khassan Issev (Bulg) 48 kg.

1980 Valentin Raitchev (Bulg) 74 kg.

1980 Ismail Abilov (Bulg) 82 kg.

1996 Valentin Dimitrov Jordanov (Bulg) 52 kg.

North Korea South Korea : Free Style (Gold)

1976 Jung-Mo Yang (Korea) 62 kg.

1984 In Tak You (Korea) 68 kg.

1988 Hanmyang-Woo (S. Korea) 82 kg.

1992 Kim (N.Korea) 52 kg.

1992 park Jang-Sun (S. Korea) 74 kg.

1996 Kim (N. Korea) 48 kg.

Italy : Free Style (Gold)

1980 Claudio Pollio (Italy) 48 kg.

U. S. S. R. : Free Style (Gold)

1952 Arsen Mekokishvili (U. S. S. R.) 100 kg.

1964 Aleksandr Ivanitsky (U. S. S. R.) 100 kg.

1968 Aleksandr Medved (U. S. S. R.) 100 kg.

1972 Ivan Yargin (U. S. S. R.) Gold 100 kg.

1972 Aleksandr Medved (U. S. S. R.) 130 kg.

1976 Ivan Yargin (U. S. S. R.) 100 kg.

1976 Soslan Andiev (U. S. S. R.) 130 kg.

1980 Sanasaroganesyan (U. S. S. R.) 90 kg.

1980 Soslan Andiev (U. S. S. R.) 130 kg.

1988 Makharbek Khardarrsev (U. S. S. R.) 90 kg.

1988 David Gobedzhichvili (U. S. S. R.) 130 kg.

1992 Makharbek Khadartsev (C.I.S) 90 kg.

U.S.S.R. : Free Style (Gold)

- 1952 David Tsimakuridze (U.S.S.R.) 82 kg.
 1956 Mirian Isalkalamanidze (U.S.S.R.) 52 kg.
 1964 Aleksandr Medved (U.S.S.R.) 90 kg.
 1968 Boris Gurevitch (U.S.S.R.) 82 kg.
 1972 Roman Drmitriev (U.S.S.R.) 48 kg.
 1972 Zagalav Abdulbekov (U.S.S.R.) 62 kg.
 1972 Levan Tediashvili (U.S.S.R.) 82 kg.
 1976 Vladimiryumin (U.S.S.R.) 57 kg.
 1976 Pavelpinigin (U.S.S.R.) 68 kg.
 1976 Levan Tediashvili (U.S.S.R.) 90 kg.
 1980 Anatoliv Beloglazov (U.S.S.R.) 52 kg.
 1980 Sergey Beloglazov (U.S.S.R.) 57 kg.
 1980 Magomedegasan Abusheve (U.S.S.R.) 62 kg.
 1980 Saipulla Absaidov (U.S.S.R.) 68 kg.
 1988 Sergey Beloglazov (U.S.S.R.) 57 kg.
 1988 Arsen Fadzayev (U.S.S.R.) 68 kg.
 1992 Arsen Fadzayev (C.I.S.) 68 kg.
 1996 Vadim Gogiev (Rus) 68 kg.
 1996 Bouvaisa Satiev (Rus) 74 kg.
 1996 Khadzhimurad Magomedov (Rus) 82 kg.

Sweden : Free Style (Gold)

- 1920 Anders Larsson (Sweden) 90 kg.
 1928 Thure Sjostedt (Sweden) 90 kg.
 1928 Johan Richthoff (Sweden) 100 kg.
 1932 Johan Richthoff (Sweden) 100 kg.
 1932 Ivar Johansson (Sweden) 82 kg.
 1936 Kunt Fridell (Sweden) 90 kg.
 1952 Olle Anderberg (Sweden) 68 kg.
 1952 Wilking Palm (Sweden) 90 kg.

Finland : Free Style (Gold)

- 1920 Kalle Anttilla (Finland) 68 kg.
 1924 Kustaa Pihlajamaki (Finland) 57 kg.
 1924 Eino Leion (Finland) 82 kg.
 1928 Kaarlo Markinen (Finland) 57 kg.
 1928 Arvo Haavisto (Finland) 74 kg.
 1932 Hermann Philajamaki (Finland) 62 kg.
 1936 Kustaa Pihlajamaki (Finland) 62 kg.

- 1948 Lennart Vitala (Finland) 52 kg.

France : Free Style (Gold)

- 1932 Charles Pacome (France) 68 kg
 1936 Emile Poilve (France) 82 kg.

Japan: Free Style (Gold)

- 1952 Shohachi Ishii (Japan) 57 kg.
 1956 Shozo Sasahara (Japan) 62 kg.
 1956 Mitsuo Ikeda (Japan) 74 kg.
 1964 Yoshikatsu Yoshida (Japan) 52 kg.
 1964 Osamu Watanabe (Japan) 62 kg.
 1964 Yojiro Uetake (Japan) 57 kg.
 1968 Shingeo nakata (Japan) 52 kg
 1968 Masaaki Kaneko (Japan) 62 kg.
 1968 Yojiro Uetake (Japan) 57 kg.
 1972 Kiyomi Kato (Japan) 52 kg.
 1972 Hideyaki Yanagide (Japan) 57 kg.
 1976 Yuji Takada (Japan) 52 kg.
 1976 Jiichiro Date (Japan) 74 kg.
 1984 Hideyaki Tomiyama (Japan) 57 kg.
 1988 Takashi Kobayashi (Japan) 48 kg.
 1988 Mitsurusato (Japan) 52 kg.

U.S.A. : Free Style (Gold)

- 1904 Robert Curry (U.S.A.) 48 kg.
 1904 George Mehnert (U.S.A.) 52 kg.
 1904 Isidor Niflot (U.S.A.) 57 kg.
 1904 Benjamin Bradshaw (U.S.A.) 62 kg.
 1904 Otto Roehm (U.S.A.) 68 kg.
 1904 Charles Erickson (U.S.A.) 74 kg.
 1904 Bernhuff Honsen (U.S.A.) 100 kg.
 1908 George Mehnert (U.S.A.) 57 kg.
 1908 George Dole (U.S.A.) 62 kg.
 1920 Charles Ackerty (U.S.A.) 62 kg.
 1924 Robin Reed (U.S.A.) 62 kg.
 1924 Russellvis (U.S.A.) 68 kg.
 1924 John Spellman (U.S.A.) 90 kg.
 1924 Harry Steele (U.S.A.) 100 kg.
 1928 Allie Morrison (U.S.A.) 62 kg.
 1932 Robert Pearce (U.S.A.) 57 kg.

1932 Jackvan Bebbler (U.S.A.) 74 kg.
 1932 Peter Mehringer (U.S.A.) 90 kg.
 1936 Frank Lewis (U.S.A.) 74 kg.
 1948 Glen Brand (U.S.A.) 82 kg.
 1948 Henry Witteenberg (U.S.A.) 90 kg.
 1952 William Smith (U.S.A.) 74 kg.
 1960 Terrence McCann Cann (U.S.A.) 57 kg.
 1960 Shelby Wilson (U.S.A.) 74 kg.
 1960 Douglas Blubaugh (U.S.A.) 74 kg.
 1972 Dan Gable (U.S.A.) 68 kg.
 1972 Wayne Wells (U.S.A.) 74 kg.
 1972 Ben Peterson (U.S.A.) 90 kg.
 1976 John Peterson (U.S.A.) 82 kg.
 1984 Robert Weaver (U.S.A.) 48 kg.
 1984 Randy Lewis (U.S.A.) 62 kg.
 1984 David Schultz (U.S.A.) 74 kg.
 1984 Mark Schultz (U.S.A.) 82 kg.
 1984 Ed Banach (U.S.A.) 90 kg.
 1984 Lou Banach (U.S.A.) 100 kg.
 1984 Bruce Baumgartner (U.S.A.) 130 kg.
 1988 John Smith (U.S.A.) 62 kg.
 1988 Kenneth Monday (U.S.A.) 74 kg.
 1992 John Smith (U.S.A.) 62 kg.
 1992 Kevin Jackson (U.S.A.) 82 kg.
 1992 Bruce Baumgartner (U.S.A.) 130 kg.
 1996 Kendall Cross (U.S.A.) 57 kg.
 1996 Tom Brands (U.S.A.) 62 kg.
 1996 Kurt Angle (U.S.A.) 100 kg.

OLYMPICWISE RESULTS FREE STYLE SILVER MEDALS

1968 Munkbat Jigjid 82 kg.
 1972 Khorloo Balanmunkh 100 kg.
 1976 Zevag Oidov (Mangolia) 62 kg.
 1980 Jamtsying Davvaiair 74 kg.

Aus. : Free Style (Silver)

1948 Richard Garrard (Aus.) 74 kg.

Sweden : Free Style (Silver)

1920 Gottfried Svensson 68 kg.
 1924 Rudolf Svensson 90 kg.
 1932 Thure Sjostedt 90 kg.
 1936 Ture Adnersson 74 kg.
 1948 Ivar Sjolín (Sweden) 62 kg.
 1948 Gosta Frandfors 100 kg.
 1948 Bertil antonsson 100 kg.
 1952 Per Berlin 74 kg.
 1952 Bertial Antonsson 100 kg.
 1972 Jan Karlsson 90 kg.

Canada : Free Style (Silver)

1928 Donald Stockton 82 kg.
 1932 Daniel Mac Donald 74 kg.
 1984 Bob Molle 130 kg.
 1992 Jeff Thue 130 kg.
 1996 Giya Sissauori 57 kg.

FRG : Free Style (Silver)

1984 Martin Knosp 74 kg.

Blr. : Free Style (Silver)

1996 Aleksey Medvedev 130 kg.

CIS : Free Style (Silver)

1992 Serguei Small 57 kg.
 1992 Elmadi Jabraijlov 82 kg.

Est. : Free Style (Silver)

1936 August Neo 90 kg.

Norway : Free Style (Silver)

1908 Jacob Gundersen 100 kg.

GDR : Free Style (Silver)]

1976 Hans-Dieter Bruchert 57 kg.
 1980 Uwe Neupert 90 kg.

Germany : Free Style (Silver)

1936 Wolfgang Ehrl 68 kg.
 1964 Klaus Jurgen Rost 68 kg.
 1992 Heiko balz 100 kg.

Hungary : Free Style (Silver)]

1932 Odon Zombori (Hungary) 57 kg.
 1932 Karoly Karpati (Hungary) 68 kg.

1976 Jezsef Balla (Hungary) 130 kg.

1980 Jozsef Ball (Hungary) 130 kg.

Syria : Free Style (Silver)

1984 Joseph Atiyeh 100 kg.

Belgium : Free Style (Silver)

1924 Pierre Ollivier 82 kg.

1928 Edmond Spapen 57 kg.

1956 Joseph Mewis 62 kg.

Finland : Free Style (Silver)

1924 Kaarlo Makinen (Finland) 57 kg.

1924 Volmart Wickstorm (Finland) 68 kg.

1924 Eino Leino (Finland) 74 kg.

1928 Kustaa Pihlajamaki (Finland) 62 kg.

1928 Aukusti Sihovla (Finland) 100 kg.

1932 Kyosti Luukko (Finland) 82 kg.

Tche. : Free Style (Silver)

1936 Josef Klapuch (Tch). 100 kg.

U.K. : Free Style (Silver)

1908 William Prem (U.K.) 57 kg.

1908 James Slim (U.K.) 62 kg.

1908 William Wood (U.K.) 68 kg.

1908 George de Relwyskow 82 kg.

Azerbaijan : Free Style (Silver)

1996 Namik Abdulla Vev (Azer) 52 kg.

France : Free Style (Silver)

1928 Charles Pacome 68 kg.

1968 Daniel Robin 74 kg.

Yugoslavia : Free Style (Silver)

1988 Saban Trstena (Yug) 52 kg.

Poland : Free Style (Silver)

1980 Wladyslaw Stecyk (Poland) 52 kg.

Korea : Free Style (Silver)

1964 Chang-Sunchang (Korea) 52 kg.

1984 Jong-Kyukim (Korea) 52 kg.

1988 Partjang-Soon (Korea) 68 kg.

Iran : Free Style (Silver)

1952 Nasser Guivehtchi 62 kg.

1952 Gholamheza Takhti 82 kg.

1956 Mohamad-Ali Khojastehpour 52 kg.

1956 Mohamed Yaghoubi 57 kg.

1960 Cholam Reza Tahkti 90 kg.

1976 Mansour Barzegar 74 kg.

1988 Askari Mohammedian 57 kg.

1996 Abbas Jadidi 100 kg.

Russia : Free Style (Silver)

1996 Makharbek Khadartsev 90 kg.

Turkey : Free Style (Silver)

1948 Halit Balamir (Turkey) 52 kg.

1948 Adil Candemir (Turkey) 82 kg.

1956 Ibrahim Zengin (Turkey) 74 kg.

1960 Ismail Ogan (Turkey) 74 kg.

1960 Hamit Kaplan (Turkey) 100 kg.

1964 Huseyin Akbad (Turkey) 57 kg.

1964 Hasan Gungor (Turkey) 82 kg.

1964 Ahmet Ayik (Turkey) 90 kg.

1972 Vehbi Akdag (Turkey) 62 kg.

1988 Mecmi Gencalp (Turkey) 82 kg.

1992 Kenna Simsek (Turkey) 90 kg.

Armenia : Free Style (Silver)

1996 Armen Mkrttchian (Arm) 48 kg.

South Korea : Free Style (Silver)

1992 Kim Jong Shin (S. Korea) 48 kg.

1996 Jang-je-Sybg 62 kg.

1996 Park Jang-Soon 74 kg.

1996 Yang Hyun-Mo 82 kg.

Japan : Free Style (Silver)

1952 Yushu Kitano (Japan) 52 kg.

1956 Shigeru Kasahara (Japan) 68 kg.

1960 Masayuki Matsubara (Japan) 52 kg.

1972 Kiku Wada (Japan) 58 kg.

1984 Akira Ohta (Japan) 90 kg.

1984 Hidyuki Nagashma (Japan) 82 kg.

1984 Kosei Akaishi (Japan) 62 kg.

1984 Takashi Irie (Japan) 48 kg.

1988 Akora ota (Japan) 90 kg.

Switzerland : Free Style (Silver)

- 1920 Charles Courant 90 kg.
- 1924 Henry Wernli 100 kg.
- 1928 Anton Bogli 90 kg.
- 1948 Fritz Stockli (Switzerland) 90 kg.

PRK : Free Style (Silver)

- 1980 Hopyong Li Silver 57 kg.
- 1980 Se Hong Jang Silver 48 kg.

U.S.S.R. : Free Style (Silver)

- 1952 Rashid Mamedekov 57 kg.
- 1956 Boris Kulayev 90 kg.
- 1960 Georgily Skhirtladze 82 kg.
- 1960 Vikto Sinyavskiy 68 kg.
- 1964 Guliko Sagaradze 74 kg.
- 1968 Shota Lomi Lomidze 90 kg.
- 1972 Gennadiy Strakhov 93 kg.
- 1972 Arsen Alakhabverdiev 52 kg.
- 1976 Viktor Novosilev 82 kg.
- 1976 Aleksandr Iranov 52 kg.
- 1976 Roman dmitriev 48 kg.
- 1980 Mogomedhan Artasilov 82 kg.
- 1988 Leri Khabelow 100 kg.
- 1988 Adlan Varayev 74 kg.
- 1988 Stepan Sarkissian 62 kg.

Bulgaria : Free Style (Silver)

- 1956 Hussein Mekhmedov 100 kg.
- 1960 Stantcho Ivanov 62 kg.
- 1960 Nejdhet Zalev (Bulgaria) 57 kg.
- 1964 Liutvi Djiber 100 kg.
- 1964 Stantcho Ivanov 62 kg.
- 1968 Osman Duraliev 100 kg.
- 1968 Enyu Valtschey (Bulgaria) 68 kg.
- 1968 Enyu todorov (Bulgaria) 62 kg.
- 1972 Osman Duraliev 130 kg.
- 1972 Ognian Nikolov (Bulgaria) 68 kg.
- 1980 Slavtcho Tchrrvenkov 69 kg.
- 1980 Ivan Yankkov (Bulgaria) 68 kg.
- 1980 Mikho doukov (Bulgaria) 62 kg.

- 1988 Ivan Tzonov (Bulgaria) 48 kg.

- 1992 Valentine Getzov (Bulgaria) 68 kg.

U.S.A. : Free Style

- 1904 Frank Kungler 100 kg.
- 1904 Rudolph Tesinmg 68 kg.
- 1904 Theodore McLearn 62 kg.
- 1904 August Wester (U.S.A.) 57 kg.
- 1904 Gustave Bauer (U.S.A.) 52 kg.
- 1904 John Heim (U.S.A.) 48 kg.
- 1920 Nathan Pendleton 100 kg.
- 1920 Samuel Gorson 62 kg.
- 1924 Chester Newton 62 kg.
- 1928 Liyod Appletion 74 kg.
- 1932 John Riley 100 kg.
- 1932 Edgar Nemir 62 kg.
- 1936 Richard Volvia 82 kg.
- 1936 Ross Flood (U.S.A.) 57 kg.
- 1948 Gerald Leeman (U.S.A.) 57 kg.
- 1952 Henry Wittenberg 90 kg.
- 1952 Thomas Evans 68 kg.
- 1956 Daniel Hodge 82 kg.
- 1968 Donald Behm (U.S.A.) 57 kg.
- 1972 John Peterson 82 kg.
- 1972 Richard Sanders (U.S.A.) 52 kg.
- 1972 Russel Hellickson 100 kg.
- 1976 Benpeterson 90 kg.
- 1976 Lloyd Keaser 68 kg.
- 1984 Andrew Rein 68 kg.
- 1984 Barry Davis (U.S.A.) 57 kg.
- 1988 Bruce Baumgartner 130 kg.
- 1992 Kenny Monday 74 kg.
- 1992 Zake Jones (U.S.A.) 52 kg.

**COUNTRYWISE OLYMPIC RESULTS FREE
STYLE BRONZE MEDALS****Suisse : Switzerland Free Style (Bronze)**

- 1924 Otto Muller 74 kg.
- 1924 Charles Courant 90 kg.
- 1928 Hans Mindar 62 kg.

1948 Adolf Muller 62 kg.

1948 Hermann Baurmann 68 kg.

U.S.A. : Free Style (Bronze)

1904 Gustav Thieffenthaler 48 kg.

1904 William Nelson 52 kg.

1904 Z.B. Strebler 57 kg.

1904 Charles Clapper 62 kg.

1904 Albert Zirkel 68 kg.

1904 Free Warmbold 100 kg.

1920 Walter Maurer 90 kg.

1924 Bryant Hines 57 kg.

1948 Leland Merrill 74 kg.

1952 Josiah Henson 62 kg.

1956 Peter Blair 90 kg.

1964 Daniel Brand 82 kg.

1972 Chris Taylor 130 kg.

1976 Gene Davis 62 kg.

1976 Stanley Dziedzic 74 kg.

1988 Nate Carr 68 kg.

1988 Bill Scherr 10 kg.

1992 Chris Campell 90 kg.

1996 Bruce Baumgartner 130 kg.

U.S.S.R.: Free Style (Bronze)

1956 Mikhail Chakhov 57 kg.

1956 Alimberg Bestayer 68 kg.

1956 Vakhtang Balavadze 74 kg.

1956 Georgiy skhirtladze 82 kg.

1960 Vladamir Rubashvili 62 kg.

1960 Anatoliy Abul 90 kg.

1964 Aidyn Ibragimov 57 kg.

1972 Nodar Khokhashvili 62 kg.

1980 Sergey Kornilayer 78 kg.

1988 Sergei Kasramtchakiv 48 kg.

1988 Vladamir Togouzov 52 kg.

Sweden : Free Style (Bronze)

1920 Ernst Nilsson 100 kg.

1932 Einar Karlsson 62 kg.

1932 Gustaf Klaren 68 kg.

1936 Gosta Jonsson 62 kg.

1948 Thure Johansson 52 kg.

1948 Bengt Fahlkvist 90 kg.

1960 Hans Antonsson 82 kg.

Japan : Free Style (Bronze)

1924 Katutoshi Naito 62 kg.

1964 Iwao Horiuchi 68 kg.

1976 Akira Kudo 48 kg.

1976 Masao Arai 57 kg.

1976 Yasaburo Sagawar 68 kg.

1984 Yuji Takada 52 kg.

1992 Kosei Akaishi 68 kg.

1996 Takuya Ota 74 kg.

Geor : Free Style (Bronze)

1996 Eldari Kurtandze 90 kg Bronze

Hungary : Free Style (Bronze)

1932 Jozsef Tunyogi 82 kg.

1952 Gyorgy Gurics 82 kg.

1968 Ozsef Castari 90 kg.

1972 Laszlo Kling 57 kg.

1972 Karloy Bajko 90 kg.

1972 Jozef Castari 100 kg.

1980 Istvan Castari 100 kg.

Austria: Free Style (Bronze)

1932 Nikolaus Hirschl 100 kg.

Iran: Free Style (Bronze)

1952 Mohamoud Mollaghassemi 52 kg.

1952 Djahanbakte Tovfighe 68 kg.

1952 Abdulolah Modjtabavi 74 kg.

1960 Mohamad Saifpur Saidabadi 52 kg.

1964 Said Aiaakbar Haydari 52 kg.

1964 Mohamad Ali Sanatkaran 74 kg.

1968 Abutaleb Gorgori 57 kg.

1968 Shamseddin Seyed Abassi 62 kg.

1972 Ebrahi Javadppour 48 kg.

1992 Amir reza Khadem 74 kg.

1992 Rasul Khadem 82 kg.

1996 Amir Reza Jade 82 kg.

Korea: Free Style (Bronze)

- 1976 Hae-Sup Jeon 52 kg.
 1984 Gab-Do son 48 kg.
 1984 Eui-Kon Kim 57 kg.
 1988 Jung-Keun Lee 62 kg.
 1988 Noh Kyung—Sun 57 kg.

Cze : Free Style (Bronze)

- 1988 Josef Lohyna 82 kg.

N. Korea : Free Style (Bronze)

- 1992 Kim Yong Sil 57 kg.
 1996 Riyong Sam 57 kg.

Pak. : Free Style (Bronze)

- 1960 Mohammed Bashir 74 kg.

CIS : Free Style (Bronze)

- 1992 Vouga Oroudjov 48 kg.
 1992 David Goibeedjichvli 130 kg.

UKR : Free Style (Bronze)

- 1996 Elbrus Tedevev 62 kg.
 1996 Zaza Zazirov 68 kg.

Cuba : Free Style (Bronze)

- 1992 Lozaro Reinso 62 kg.
 1996 Alexis Vila 48 kg.

Greece : Free Style (Bronze)

- 1980 George Hadjiioannidis 62 kg.

Turkey : Free Style (Bronze)

- 1936 Ahmet Kireicci 82 kg.
 1952 Adil Akbas 52 kg.
 1956 Huseyin Akbas 52 kg.
 1964 Hamit Kaplan 100 kg.
 1984 Ayhan Taskin 130 kg.
 1992 Ali Kayali 100 kg.

FRG : Free Style (Bronze)

- 1968 Wilfried Deitrich 100 kg.
 1972 Adolf Seger 74 kg.
 1976 Adolg Seger 82 kg.

Mangolia : Free Style (Bronze)

- 1968 Surejay Sukhbaator 52 kg.
 1968 Sereeter Danzandarjee 68 kg.

- 1968 Dagvasiuren Purev 74 kg.

- 1980 Dugarsure Ouinbodl 57 kg.

Tch : Free Style (Bronze)

- 1980 Dan Karbin 74 kg.
 1980 Julius Strnisko 100 kg.

Bulgaria : Free Style (Bronze)

- 1960 Enyu Dimov 68 kg.
 1964 Said Mustafafov 90 kg.
 1968 Prodan Gardscher 82 kg.
 1972 Ivan Krastev 62 kg.
 1976 Dimo Kostov 100 kg.
 1980 Nermedin Selimov 52 kg.
 1988 Simeon Chterev 62 kg.
 1988 Rakhmad Safiadi 74 kg.
 1992 Valent Jordanov 52 kg.

Australia : Free Style (Bronze)

- 1932 Arvo Haavisto 68 kg.
 1924 vilho Pekkala 82 kg.
 1928 Eino Leion 68 kg.
 1932 Aatos Jaskari 57 kg.
 1932 Eino Leino 74 kg.
 1936 Hermann Pihlajamaki 68 kg.
 1936 Hjalmar Nystrom 100 kg.
 1956 Erkki Penttila 62 kg.
 1956 Taisto Kangasniemi 100 kg.
 1984 Jukka Rauhala 68 kg.

GDR : Free Style (Bronze)

- 1988 Andreas Schroeder 130 kg.

Germany : Free Style (Bronze)

- 1936 Johannes Herbert 57 kg.
 1936 Erich Siebert 90 kg.
 1996 Arawat Sabejew 100 kg.

Yug : Free Style (Bronze)

- 1980 Saban Sejdi 68 kg.
 1984 Saban Sejdi 74 kg.

PRK : Free Style (Bronze)

- 1972 Hyongkim Wong 52 kg.

Kazakistan : Free Style (Bronze)

1996 Maulen Mamirov 52 kg.

Canada : Free Style (Bronze)

1908 Aubertcote 57 kg.

1928 James Trifunov 57 kg.

1928 Maurice Letchfurd 74 kg.

1936 Joseph Schlemmer 74 kg.

1984 Chris Rinke 82 kg.

France : Free Style (Bronze)

1928 Henri Lefebvre 90 kg.

1928 Edmond Dame 100 kg.

1948 Charles Kouyos 57 kg.

U.K. : Free Style (Bronze)

1908 William Mckie 62 kg.

1908 Albert Gingell 68 kg.

1908 Frederick Beck 82 kg.

1908 Edmond Barrett 100 kg.

1920 P. W. Bernard 60 kg.

1920 Peter Wright 68 kg.

1924 Andrew McDonald 100 kg.

1928 Samuelk Rabin 82 kg.

1952 Kenneth Riuchmond 100 kg.

1984 Noel Loban 90 kg.

Poland : Free Style (Bronze)

1960 Tadeusz Trojanowski 57 kg.

1980 Aleksavidr Cichon 90 kg.

1980 Adam Sadurski 130 kg.

India : Free Style (Bronze)

1952 Kha-Shaba Jadav 57 kg.

Romania : Free Style (Bronze)

1976 Stelica Morocov 90 kg.

1976 Ladislau Simon 130 kg.

1984 Vasile Pascasu 100 kg.

1972 Vasile Jorga

Finland : Free Style (Bronze)

1924 Vilho Pekkala 82 kg.

1924 Arvo Haavisto 68 kg.

1928 Eino Leino 68 kg (Finland)

1932 Eino-Lino 74 kg.

1932 Aatos Jaskari 52 kg. (Finland)

1936 Hajalmar Nystrom 100 kg.

1936 Hermann Pihlajamaki 68 kg. (Finland)

1956 Taisto Kangasuiemi 100 kg (Finland)

1956 Erkki Penttila 62 kg. (Finland)

1980 Istvan Kovacs 82 kg. (Hungary)

1984 Jukka Rauhala 68 kg. (Finlands)

OLYMPIC WEIGHT CATAGORYWISE RESULTS FREE STYLE WRESTLING

Free Style-Pin Weight (48 kgs) Gold

1904 Robert Curry (USA)

1972 Roma Dmitriev (USSR)

1976 Khassan Issaev (Bul)

1980 Claudio Pollio (Ita)

1984 Robert Weaver (USA)

1988 Takashi Kobayashi (Jpn)

1992 Kim II (N. Kor)

1996 Kim II (N. Kor.)

Silver

1904 John Heim (USA)

1972 Oganian Nikolov (Bul)

1976 Roman Dmitriev (USSR)

1980 Se-Hong Jang (PRK)

1984 Takashi Irie (Jpn)

1988 Ivan Tzonov (Bul)

1992 Kim Jong Shin (S. Kor.)

1996 Armen Mkrttchian (Arm)

Bronze

1904 Gustav Theifenthaler (USA)

1972 Ebrahi Javadppour (Irn)

1976 Akira Kudo (Jpn)

1980 Sergey Kormilayev (USSR)

1984 Gab-do son (Kor)

1988 Serguel Karamtchakov (USSR)

1992 Vougar Oroudjov (CLS)

1996 Alexis Vila (Cuba)

Free Style-Flyweight (52kg) Gold

- 1904 George Mehnert (USA)
- 1948 Lernart Vitala (Fin)
- 1952 Hasan Gemici (Tur)
- 1956 Mirian Tsalkalamanidze (USSR)
- 1960 Ahmet Bilek (Tur)
- 1964 Yoshikatsu Yoshida (Jpn)
- 1968 Shigeg Nakata (Jpn)
- 1972 Kiyomi Kato (Jpn)
- 1976 Yuji Takada (Jpn)
- 1980 Anatoliy Beloglazov (USSR)
- 1984 Saban Trestena (Yug)
- 1988 Mitsuru Sato (Jpn)
- 1992 LiHak Son (N. Kor.)
- 1996 Valentin Dimitrov Jordanov (Bul)

Silver

- 1904 Gustave Bauer (USA)
- 1948 Halit Balamit (Tur)
- 1952 Yushu Kitano (Jpn)
- 1956 Mohamad-ali Khojastepour (Irn)
- 1960 Masayuki Matsubara (Jpn)
- 1964 Chan-sun Chang (Kor)
- 1968 Richard Sanders (USA)
- 1972 Arsen Alkhverdiev (USSR)
- 1976 Aleksandr Ivanov (USSR)
- 1980 Wladyslaw Stecyk (Pol)
- 1984 Jong-Kyu Kim (Kor)
- 1988 Saban Trstena (Yug)
- 1992 Zake Jones (USA)
- 1996 Namik Abdullavev (Azer)

Bronze

- 1904 William Nelson (USA)
- 1948 Thure Johansson (Swe)
- 1952 Mohmoud Molaghassemi (Irn)
- 1956 Huseyin Akbas (Tur)
- 1960 Mohamad Saifpour Saidabadi (Irn)
- 1964 Said Aliaaknar Haydari (Irn)
- 1968 Surenjay Sukhbaatar (Mgl)
- 1972 Hyong Kim Gwong (Prk)

- 1976 Hae-Sup Jeon (Kor)
- 1980 Nermedin Selimov (Bul)
- 1984 Yuji Takada (Jpn)
- 1988 Vladamir Togouzov (USSR)
- 1992 Valentin Jordanov (Bul)
- 1996 Maulen Mamirov (Kaz)

Free Style Bantam Weight (57 kg) Gold

- 1904 Isidor Niflot (USA)
- 1908 George Mehnert (USA)
- 1924 Kustaa Pihlajamaki (Fin)
- 1928 Kaarlo Makinen (Fin)
- 1932 Robert Pearce (USA)
- 1936 Odon Zombori (Hun)
- 1948 Nasuk Akar (Tur)
- 1952 Shohachi Ishii (Jpn)
- 1956 Mustafa Dagistani (Tur)
- 1960 Terrence McCann (USA)
- 1964 Yojiro Uetake (Jpn)
- 1968 Yojiro Uetake 57 kg (Jpn)
- 1972 Hideaki Yanagide (Jpn)
- 1976 Vladamir Yumin (USSR)
- 1980 Sergey Beloglazov 57 kg (USSR)
- 1984 Hideyaki Tomiyama (Jpn)
- 1988 Sergey Beloglazov (USSR)
- 1992 Alejandro Puerto (Cub)
- 1996 Kendall Cross (USA)

Silver

- 1904 August Wester (USA)
- 1908 William Press (UK)
- 1924 Kaarlo Makinen (Fin)
- 1928 Edmond Spapen (Bel)
- 1932 Odon Zombori (Hun)
- 1936 Ross Flood (USA)
- 1948 Gerald Leeman (USA)
- 1952 Rashid Mamedekov (USSR)
- 1956 Mohamad Yaghoubi (Irn)
- 1960 Najdet Zalev (Bul)
- 1964 Huseyin Akbas (Tur)

1968 Donald Behm (USA)
 1972 Richard Sanders (USA)
 1976 Hands-Dieter Bruchert (GDR)
 1980 Ho pyong Li (PRK)
 1984 Barry Davis (USA)
 1988 Askari Mohammedian (Irn)
 1992 Serguei Smal (CIS)
 1996 Giya Sissaouri (Can)

Bronze

1904 Z.B. Strebler (USA)
 1908 Auber Cote (Can)
 1924 Bryant Hines (USA)
 1928 James Trifunov (Can)
 1932 Aatos Jaskari (Fin)
 1936 Johannes Herebert (Ger)
 1948 Charles Kouyos (Fra)
 1952 Kha-Shaba Jadav (USSR)
 1960 Tadeusz Tronjanowski (Pol)
 1964 Aidyn Ibragimov (USSR)
 1968 Abutaleb Gorgori (Irn)
 1972 Laszlo Klinga (Jpn)
 1976 Masao Arai (Jpn)
 1980 Dugarsure Ouinbold (Mgl)
 1984 Eui-Kon Kim (Kor)
 1988 Noh Kyung-Sun (Kor)
 1992 Kim Yong Sik (N. Kor)
 1996 Ri Yong Sam (N. Kor)

Free Style : Featherweight (62kg) Gold

1904 Benjamin Bradshaw (USA)
 1908 George Dole (USA)
 1920 Charles Ackerly (USA)
 1924 Robin Reed (USA)
 1928 Allie Morrison (USA)
 1932 Hermanni Pihlajamaki (Fin)
 1948 Gazanfer Bilge (Tur)
 1952 Bayram Sit (Tur)
 1956 Shozo Sasahara (Jpn)
 1960 Mustafa Dagistani (Tur)

1964 Osamu Watanade (Jpn)
 1968 Masaaki Kanedo (Jpn)
 1972 Zasgalav Abdulbekov (USSR)
 1976 Jung-Mo Yang (Kor)
 1980 Magomedgasa Abushev (USSR)
 1984 Randy Lewis (USA)
 1988 John Smith (USA)
 1992 John Smith (USA)
 1996 Tom Brands (USA)

Silver

1904 Theodore Mclear (USA)
 1908 James Slim (UK)
 1920 Samuel Gerson (USA)
 1924 Chester Newton (USA)
 1928 Kustaa Pihlajamaki (Fin)
 1932 Edgar Nemir (USA)
 1936 Francis Millard (USA)
 1948 Ivar Sjolin (Swe)
 1952 Nasser Guivehtchi (Irn)
 1956 Joseph Mewis (Bel)
 1960 Stantcho Ivanov (Bul)
 1964 Stantcho Ivanov (Bul)
 1968 Enyu Todorov (Bul)
 1972 Vehbi Akdag (Tur)
 1976 Zeveg Oidov (Mgl)
 1980 Mikho Doukov (Bul)
 1984 Kosei Alaishi (Jpn)
 1988 Stephan Sarkissian (USSR)
 1992 Asgari Mohammadian (Irn)
 1996 Jang Je-Sybg (S. Korea)

Bronze

1904 Charles Clapper (USA)
 1908 William Mckie (UK)
 1920 P.W. Bernard (UK)
 1924 Katsutoshi Naito (Jpn)
 1928 Hans Mindar (Sui)
 1932 Einar Karlsson (Swe)
 1936 Gosta Jonsson (Swe)

1948 Adolf Muller (Sui)
 1952 Josiah Henson (USA)
 1956 Erkki Penttila (Fin)
 1960 vladimir Rubashvili (USSR)
 1964 Stantcho Ivanov (Bul)
 1968 Enyu Todorov (Bul)
 1972 Vehbi Akdag (Tur)
 1976 Zeveg Oidov (Mgl)
 1980 Mikho Doukov (Bul)
 1984 Kosei Akaishi (Jpn)
 1988 Stephen Sarkissian (USSR)
 1992 Asgari Mohammadian (Irn)
 1996 Jang Je-Sybg (S. Korea)

Bronze

1904 Charles Clapper (USA)
 1908 William Mckie (UK)
 1920 P.W. Benard (UK)
 1924 Katsutoshi Naito (Jpn)
 1928 Hans Mindar (Sui)
 1932 Einar Karlsson (Swe)
 1936 Gosta Jonsson (Swe)
 1948 Adolf Muller (Sui)
 1952 Josiah Henson (USA)
 1956 Erkkir Penttila (Fin)
 1960 Vladamir Rubashvili (USSR)
 1964 Nodarkhokhaswhivili (USSR)
 1968 Shamseddin Seyed-Abbassi (Irn)
 1972 Ivan Krastev (Bul)
 1976 Gene Davis (USA)
 1980 George Hadjiioannidis (Gre)
 1984 Jung0Keun Lee (Kor)
 1988 Simeon Chaterev (Bul)
 1992 Lozaro Reinso (Cub)
 1996 Elbrus Tedeved (Ukr)

Free Style : Lightweight (68kg) Gold

1904 Otto Roehm (USA)
 1908 George de Relwyskow (UK)
 1920 Kalie Anttila (Fin)

1924 Russell Vis (USA)
 1928 Osvald Kapp (Est)
 1932 Charles Pacome (Fra)
 1936 Karoly Karpati (Hun)
 1948 CelaAtik (Tur)
 1952 Olle Anderberg (Swe)
 1956 Emamali Habibi (Ira)
 1960 Shelby Wilson (USA)
 1964 Enyu Valtshev (Bul)
 1968 Abdollah Movahed Ardabaili (Irn)
 1972 Dan Gable (USA)
 1976 Pavel Pingin (USSR)
 1980 saipulla Absaidov (USSR)
 1984 In-Tak You (Kor)
 1988 Arsen Fadzayev (USSR)
 1992 Arsen Fadzayev (CIS)
 1996 Vadim Bogiev (Rus)

Silver

1900 Event not held
 1904 Rudolph Tesing (USA)
 1908 William Wood (UK)
 1912 Event not held
 1920 Gottfrid Svensson (Swe)
 1924 Volmart Wickstorm (Fin)
 1928 Charles Pacome (Fra)
 1932 Karoly Karpati (Hun)
 1936 Wolfgng Ehrl (Ger)
 1948 Gosta Frandfors (Swe)
 1952 Thomas Evans (USA)
 1956 Shigeru Kasahara (Jpn)
 1960 Viktgo Sinyavskiy (USSR)
 1964 Klaus-Jurgen Rost (Ger)
 1968 Enyu Valtschey (Bul)
 1972 Kikuo Wada (Jpn)
 1976 Lloyd Keaser (USA)
 1980 Ivan Yankov (Bul)
 1984 Andrew Rein (USA)
 1988 Part Jang-Soon (Kor)

1992 Valentine Getzov (Bul)

1996 Townsend Saunders (USA)

Bronze

1900 Event not held

1904 Albert Zirkel (USA)

1908 Albert Gingell (UK)

1912 Event not held

1920 Peter Wright (UK)

1924 Arvo Haavisto (Fin)

1928 Eino Leino (Fin)

1932 Gustaf Klaren (Swe)

1936 Hermann Pihlajamaki (Fin)s

1948 Hermann Baumann (Sui)

1952 Djahanbakte Tovfighe (Irn)

1956 Alimberg bestayev (USSR)

1960 Enyu Dimov (Bul)

1964 Iwao Horiuchi (Jpn)

1968 Sereeter Danzandarjaa (Mgl)

1972 Ruslan Ashuraliev (USSR)

1976 Yasaburo Sagawara (JPN)

1980 Saan Sejdi (Yug)

1984 Jukka Rauhala (Fin)

1988 Nate Carr (USA)

1992 Kosei Akaishi (Jpn)

1996 Zaza Zasirov (Ukr)

Free Style : Wilterweight (74 kg) Gold

1904 Charles Erickson (USA)

1924 Hermann Gehri (Sul)

1928 Arvo Haavisto (Fin)

1932 Jack Van Bebber (USA)

1936 Frank Lewis (USA)

1948 Yasar Dogu (Tur)

1952 William Smith (USA)

1956 Mitsuo Ikeda (Jpn)

1960 Douglas Blubaugh (USA)

1964 Ismail Ogan (Tur)

1968 Mahmut Atalay (USA)

1972 Wayne Wells (USA)

1976 Miichiro Date (Jpn)

1980 Valentin Riatchev (Bul)

1984 David Schultz (USA)

1988 Kenneth Monday (USA)

1992 Park Jan-Sun (S. Kor)

1996 Bouvaisa Satiev (Rus)

Silver

1904 William Beckmann (USA)

1924 Eino Leino (Fin)

1928 Lloyd Appleton (USA)

1932 Daniel Mac Donald (Can)

1936 Ture Andersson (Swe)

1948 Richard Garrard (Aus)

1952 Per Berlin (Swe)

1956 Ibrahim Zengin (Tur)

1960 Ismail Ogan (Tur)

1964 Guliko Sagaradze (USSR)

1968 Daniel Robin (Fra)

1972 Jan Karlsson (Swe)

1976 Mansour Barzegar (Irn)

1980 Jamtsyng Davvajav (Mgl)

1984 Martin Knosp (Frg)

1988 Adlan Varaev (USSR)

1992 Kenny Monday (USA)

1996 Park Jang-Soon (S. Korea)

Bronze

1904 Jerry Winholtz (USA)

1924 Otto Muller (Sui)

1928 Maurice Lethford (Can)

1932 Eino Leino (Fin)

1936 Joseph Schleimer (Can)

1948 Leland Merril (USA)

1952 Abdullah Modjtabavi (Irn)

1956 Vakhtang Balavadze (USSR)

1960 Mohammed Bashit (Pak)

1964 Mohammed Ali Asnatkaran (Irn)

1968 Dagvasuren Purev (Mgl)

1972 Adolf Seger (Frg)

- 1976 Stanley Dziejzic (USA)
- 1980 Dan Karabin (Tch)
- 1984 Saban Sejdi (Yug)
- 1988 Rakhmad Safiadi (Bul)
- 1992 Amir Reza Khadam Azghadi (Irn)
- 1996 Takuya Ota (Jap)

Free Style : Middleweight (82 kg) Gold

- 1908 Stanley Bacon (UK)
- 1924 Eino Leino (Fin)
- 1928 Fritz Hagmann (Sui)
- 1932 Ivar Johansson (Swe)
- 1936 Emile Poilve (Fra)
- 1948 Glen Brand (USA)
- 1952 David Tsimakuridze (USSR)
- 1956 Nikola Stantshev (Bul)
- 1960 Hasan Gungor (Tur)
- 1964 Prodan Gardshev (Bul)
- 1968 Boris Gurevitch (USSR)
- 1972 Levan Tediashvili (USSR)
- 1976 John Peterson (USA)
- 1980 Ismail Abilov (Bul)
- 1984 Mark Schultz (USA)
- 1988 HanMyang-woo (S.Kor)
- 1992 Kevin Jackson (USA)
- 1996 Khadzhimurad Magomedov (Rus)

Silver

- 1908 George de Relwyskow (UK)
- 1924 Pierre Olliveer (Bel)
- 1928 Donald Stockton (Can)
- 1932 Kyosti Luukko (Can)
- 1936 Richard Voliva (USA)
- 1948 Adil Candemir (Tur)
- 1952 Gholamheza Takhti (Irn)
- 1956 Daniel Hodge (USA)
- 1960 Georgiy Skhirtladze (USSR)
- 1964 Hasan Gungor (Tur)
- 1968 Munkbat Jigid (Mgl)
- 1972 John Peteson (USA)

- 1976 Viktor Novoshilev (USSR)
- 1980 Magomedjam Aratisilvo 82 kg (USSR)
- 1984 Hidyki Nagashma (Jpn)
- 1988 Mecmi Gencalp (Tur)
- 1992 Elmadi Jabraijov (CIS)
- 1996 Yang Hyun-mo (S. Korea)

Bronze

- 1908 Frederick Beck (UK)
- 1924 Vilho pekkala (Fin)
- 1928 Samuel Rabin (UK)
- 1932 Jozesf Tunyogi (Hun)
- 1936 Ahmet Kireicci (Tur)
- 1948 Erik Linden (Swe)
- 1952 Gyorgy Gurics (Hun)
- 1956 Georiy Skhirtladze (USSR)
- 1960 Hans Antonsson (Swe)
- 1964 Daniel Brand (USA)
- 1968 Prodan Gardshev (Bul)
- 1972 Vasile Jorga (Rom)
- 1976 Adolf Seger (FRG)
- 1980 Istvan Kovacs (Hun)
- 1984 Chris Rinke (Can)
- 1988 Josef Lohyna (Cze)
- 1992 Rasul Kadem (Irn)
- 1996 Amir Raza Khade (Iran)

Free Style : Light-Heavy weight (90 kg) Gold

- 1920 Anders Larsson (Swe)
- 1924 John Spellman (USA)
- 1928 There Sjostedt (Swe)
- 1932 Peter Mehringer (USA)
- 1936 Kunt Fridell (Swe)
- 1948 Henry Wittenberg (USA)
- 1952 Wiking Palm (Swe)
- 1956 Gholam Reza Tahkti (Ira)
- 1960 Ismet Atli (Tur)
- 1964 Aleksandr Medved (USSR)
- 1968 Ahmed Ayik (Tur)
- 1972 Ben Peterson (USA)

- 1976 Levan Tediashvili (USSR)
 1984 Ed Banach (USA)
 1988 Makharbet Khadatsev (USSR)
 1992 Makharbek Khadatsev (CIS)
 1996 Rasul Khasem Azghadi (Iran)

Silver

- 1920 Charles Courant (Sui)
 1924 Rudolf Sevansson (Swe)
 1928 Anton Bogli (Sui)
 1932 Thure Sjuostedt (Swe)
 1936 August Neo (Est)
 1948 Fritz Stockli (Sui)
 1952 Henry Wittenberg (USA)
 1956 Boris Kulayev (USSR)
 1960 Cholam Reza Tahkti (Iran)
 1964 Ahmet Ayik (Tur)
 1968 Shota Lomidze (USSR)
 1972 Gennadiy Strakhov (USSR)
 1976 Ben Peterson (GDR)
 1984 Akira Ohta (Jpn)
 1988 Akora Ota (Jpn)
 1992 Kenna Simsek (Tur)
 1996 Makharbek Khadartsev (Rus)

Bronze

- 1920 Walter Maurere (USA)
 1924 Charles Courant (Sui)
 1928 Henri Lefebre (Fra)
 1932 Eddie Scarf (Aus)
 1936 Erich Sibert (Ger)
 1948 Bengt Fahlkvist (Swe)
 1952 Adil Atan (Tur)
 1956 Peter Blair (USA)
 1960 Anatoliy Albul (USSR)
 1964 Said Mustafafvov (Bul)
 1968 Jozef Castaru (Hun)
 1972 Karoly Bajko (Hun)
 1976 Stelica Morocov (Rom)
 1980 aleksandr Cichon (Pol)

- 1984 Noel Loban (U.K.)
 1988 Kim Tae Woo (Kor)
 1992 Chris Campbell (USA)
 1996 Cldari Kurtandze (Geor)

Free Style : Heavyweight (100kg) Gold

- 1904 Bernhuff Honsen (USA)
 1908 George O'Kelly (UK)
 1920 Robert Roth (Sui)
 1924 Harry Steele (USA)
 1928 Johan Richtohoff (Swe)
 1932 Johan Richthoff (Est)
 1936 Kristjan Palusalu (Est)
 1948 Gyula Bobis (Hun)
 1952 Arsen Mekokishvili (USSR)
 1956 Hamit Kaplan (Tur)
 1960 Wilfried Dietrich (Ger)
 1964 Aleksandr Ivanitsky (USSR)
 1968 Aleksandr Medved (USSR)
 1972 Ivan Yargin (USSR)
 1976 Ivan Yargin (USSR)
 1980 Ilya Mate (Yug)
 1984 Lour Banach (USA)
 1988 Vasile Puscasue (Rom)
 1992 Leri Khabelov (CIS)
 1996 Kurt Angle (USA)

Silver

- 1904 Frank Kungler (USA)
 1908 Jacob Gundersen (Nor)
 1920 Nathan Pendleton (USA)
 1924 Henry Wernil (Sui)
 1928 Aukusti Sihovla (Fin)
 1932 John Riley (USA)
 1936 Josef Klapuch (Tch)
 1948 Bertil Antonsson (Swe)
 1952 Bertil Antonsson (Swe)
 1956 Hussein Mekhmedov (Bul)
 1960 Hamit Kaplan (Tur)
 1964 Liutvi Djiber (Bul)

1968 Osman Duraliev (Bul)
 1972 Khorloo Balanmunkh (Mgl)
 1976 Russel Hellickson (USA)
 1980 Stavtcho Tchrrvenkov (Bul)
 1984 Joseph Atiyeh (Syr)
 1988 Heiko Balz (Ger)
 1996 Abbas Jadidi (Iran)

Bronze

1904 Fred Warmbold (USA)
 1908 Edmond Barrett (UK)
 1920 Ernst Nilsson (Swe)
 1924 Andrew McDonald (UK)
 1928 Edmond Dame (Fra)
 1932 Nikolaus Hirschi (Aut)
 1936 Hjalmar Nystrom (Fin)
 1948 Joseph Armstrong (Aus)
 1952 Kenneth Richmond (UK)
 1956 Tiasto Kangasniemi (Fin)
 1960 Savkusdzarassov (USSR)
 1964 Hamit Kaplan (Tur)
 1968 Wilfried Dietrich (FRG)
 1972 Jozef Castari (Hun)
 1976 Dimo Kostov (Bul)
 1980 Julius Strnisko (Tch)
 1984 Vasile Pascasu (Rom)
 1988 Bill Scherr (US)
 1992 Ali Kayali (Tur)
 1996 Arawat Sabejew (Ger)

Free Style : Super Heavyweight (130 kg) Gold

1972 Aleksandr Medved (USSR)
 1976 Soslan Andiev (USSR)
 1980 Soslan Andiev (USSR)
 1984 Bruce Baumgartner (USA)
 1988 David Gobedzhichvili (USSR)
 1992 Bruce Baum Gartner (USA)
 1996 Mahmut Demir (Turk)

Silver

1972 Osman Duraliev (Bul)
 1976 Jozef Ball (Hun)

1980 Jozef Ball (Hun)
 1984 Bob Molle (Can)
 1988 Bruce Baum Gartner (USA)
 1992 Jeff Thue (Can)
 1996 Aleksye medvedev (Blr)

Bronze

1972 Chris Taylor (USA)
 1976 Ladislau Simon (Rom)
 1980 Adam Sadurski (Pol)
 1984 Ayhan Taskin (Tur)
 1988 Andreas Schroeder (GDR)
 1992 David Gobeedjichvili (CIS)
 1996 Bruce Baumgartner (USA)

Greco-Roman : Light-Flyweight (48 kg) Gold

1972 Gherghe Berceanu (Rom)
 1976 Aleksey Shumakov (USSR)
 1980 Zaksylik Ushkempirov (USSR)
 1984 Vincenzo Maenze (Ita)
 1988 Vincenzo Maenze (Ita)
 1992 Oleg Koutcherenko (CIS)
 1996 Sim Kwon Ho (S. Kor)

Silver

1972 Rahim Ahabadi (Irn)
 1976 Gheorghe Berceanu (Rom)
 1980 Constantin Alexandru (Rom)
 1984 Marjys Scgerer (FPG)
 1988 Andrzej Glab (Pol)
 1992 Vincenzo Maenza (Ita)
 1996 Alexander Pavlov (Bir)

Bronze

1972 Stefan Anghelov (Bul)
 1976 Stefan Anghelov (Bul)
 1980 Ferenc Serec (Hun)
 1984 Ikuzo Saito (Jpn)
 1988 Bratan Tzenov (Bul)
 1992 Wilber Sanchez Amita (Bub)
 1996 Zafar Gylyov (Rus)

Greco-Roman : Flyweight (52 kg) Gold

- 1948 Pietro Lombardi (Ita)
- 1952 Boris Gurevich (USSR)
- 1956 Nikolai Solovuvov (USSR)
- 1960 Dumitru Pirvulescu (Rom)
- 1964 Tsutomu Hanahara (Jpn)
- 1968 Peter Kirov (Bul)
- 1972 Petar Kirov (Bul)
- 1980 Vakhtang Balgidze (USSR)
- 1984 Atsuki Miyahara (Jpn)
- 1988 John ronningen (Nor)
- 1992 John roningen (Non)
- 1996 Armen Nazaryan (Arm)

Silver

- 1948 Kenan Olcay (Tur)
- 1952 Ignazio Febra (Ita)
- 1956 Ignazio Febra (Uar)
- 1964 Angel Kerezov (Bul)
- 1968 Vladamir Bakulin (USSR)
- 1972 Koichiro Kirayama (Jan)
- 1976 Nicu Ginga (Rom)
- 1980 Lajos Raca (Hun)
- 1984 Daniel Aceves (Mex)
- 1988 Atsuji Miyahara (Jpn)
- 1992 Alfred Ter-Mkrttchian (CIS)
- 1996 Brandon Paulson (USA)

Bronze

- 1948 Reino Kangasmaki (Fin)
- 1952 Leo Honkala (Fin)
- 1956 Durum Ali Egribas (Tur)
- 1960 Dumitru Pirulescu (Rom)
- 1968 Miroslav Zeman (Tch)
- 1972 Giuseppe Boganni (Ita)
- 1976 Koichiro Hirayama (Jpn)
- 1980 Mladen Mladenov (Bul)
- 1984 Dae-Du Bang (Kor)
- 1988 Le Jae-Suk (Kor)

- 1992 Min Kyung (S.Kor)

- 1996 Andriy Kalashnikov (Ukr)

Greco-Roman : Bantamweight (57 kg) Gold

- 1924 Eduard Putsep (Est)
- 1928 Kurt Leucht (Ger)
- 1932 Jakob Brendel (Ger)
- 1936 Marton Lorincz (Hun)
- 1948 Kurt Pettersen (Swe)
- 1952 Imre Hodos (Hun)
- 1956 Konstantin Vyrupayev (USSR)
- 1960 Oleg Karavayev (USSR)
- 1964 Masamitsu Ichiguchi (Jpn)
- 1968 Janos Varga (Hun)
- 1972 Rustem Kazakov (USSR)
- 1976 Pert Ukkola (Fin)
- 1980 Shamil Serikov (USSR)
- 1984 Pasquale Passarelli (FRG)
- 1988 Andras Sike (Hun)
- 1992 An Han-bong (S. Kor)
- 1996 Yuri Melnichenoko (Kaz)

Silver

- 1924 Anselm Ahlfors (Fin)
- 1928 Jindrich Maudr (Tch)
- 1932 Marcello Nizzola (Ita)
- 1936 Egon Sevensson (Swe)
- 1948 Aly Mahmoud Hassan (Egy)
- 1952 Zakaria Chihad (Lib)
- 1956 Evdin Vesterby (Swe)
- 1960 Ion Cornea (Rom)
- 1964 Vladlen Trostiansky (USSR)
- 1968 Ion Baci (Rom)
- 1972 Hans-Jurgen Veil (FRG)
- 1976 Ivan Frgic (Yug)
- 1980 Jozef Lipien (Pol)
- 1984 Masaki Eto (Jpn)
- 1988 Stoyan Balov (Bul)
- 1992 Rifat Yildiz (Ger)
- 1996 Kennis Hall (USA)



Fig.: 117 Romero 85 kg Champion Sedney 2000



Fig.: 118 A view of Atlanta Olympic 1996 fair



Fig.: 119 Atlanta Olympic fair

Bronze

- 1924 Vaino Ikonen (Fin)
- 1928 Giovanni Gozzi (Ita)
- 1932 Louis Francois (Fra)
- 1936 Jakob Brendel (Ger)
- 1948 Habil Kaya (Tur)
- 1952 Artem Teryan (USSR)
- 1956 Francisco Horvat (Rom)
- 1960 Petrov Dinko (Bul)
- 1964 Ion Cernea (Rom)
- 1968 Ivan Kochergin (USSR)
- 1972 Risto Bjotlin (Fin)
- 1976 Farhat Mustafin (USSR)
- 1980 Benni Ljungbeck (Swe)
- 1984 Haralambos Holidos (Gre)
- 1988 Charakambos Holidos (Gre)
- 1992 Sheng Zetian (Chn)
- 1996 Sheng Zetian (Chn)

Greco-Roman : Featherweight (62 kg) Gold

- 1912 Kaarlo Koskelo (Fin)
- 1920 Oskari Friman (Fin)
- 1924 Kalle Antilla (Fin)
- 1928 voldemar Vali (Est)
- 1932 Giovanni Gozi (Ita)
- 1936 Yasar Erkan (Yur)
- 1948 Mehmet Oktav (Tur)
- 1952 Yakov Punkin (USSR)
- 1956 Rauno Makinen (Fin)
- 1960 Muzahir Sille (Tur)
- 1964 Imre Polyak (Hun)
- 1968 Roman Rurua (USSR)
- 1972 Gheorghi Markov (Bul)
- 1976 Kazimierz Lipien (Pol)
- 1980 Stilianos Migiakis (Ger)
- 1984 Weon-Kee Kim (Kor)
- 1988 Kamandar Madzhidov (USSR)
- 1992 M. Akif Pirim (Tur)
- 1996 Wlodzimierz Zawadzki (Pol)

Silver

- 1912 Georg Gerstacker (Ger)
- 1920 Hekki Hekki Kahkonen (Fin)
- 1924 Aleksanteri Toivola (Fin)
- 1928 Erik Malberg (Swe)
- 1932 Wolfgang Ehrl (Ger)
- 1936 Arne Reini (Fin)
- 1948 Oile Anderberg (Swe)
- 1952 Imre Polyak (Hun)
- 1956 Imre Polymak (Hum)
- 1960 Imre Polyak (Hun)
- 1964 Roman Rurua (USSR)
- 1968 Hideo Fuijimoto (Jpn)
- 1972 Heinz-Helmut Wehling (GDR)
- 1976 Nelson Davidian (USSR)
- 1980 Istvan Toth (Hun)
- 1984 Kentolle Johansson (Swe)
- 1988 Jivko Vannguelov (Bul)
- 1992 Sergili Martynov (CIS)
- 1996 Juan Luis Maren Delis (Cuba)

Bronze

- 1912 Otto Lasanen (Fin)
- 1920 Fridtofof Sevnsson (Swe)
- 1924 Erik Malmberg (Swe)
- 1928 Giacomo Quaglia (Ita)
- 1932 Lauri Koskela (Fin)
- 1936 Einar Karlsson (Swe)
- 1948 Ferenc Toth (Hun)
- 1952 Abdel Rashed (Egy)
- 1956 Roman Dzneldze (USSR)
- 1960 Konstantin Vyrupayev (USSR)
- 1964 Branko Martinovic (Yug)
- 1968 Simeon Popescu (Rom)
- 1972 Kazimierz Lipien (Pol)
- 1976 Laszlo Reczi (Hub)
- 1980 Boris Kramorenko (USSR)
- 1984 Hugo Dietsche (Sui)
- 1988 An Dae Hyun (Kor)

1992 Luan Luis Pirim (Tur)

Greco-Roman : Lightweight (68 kg) Gold

1906 Rudolf Watzl (Aut)

1908 Enric Porro (Ita)

1912 Eemil Ware (Fin)

1920 Eemil Ware (Fin)

1924 Oskari Friman (Fin)

1928 Lkajos Kereszles (Hun)

1932 Erik Malmberg (Swe)

1936 Lauri Koskela (Fin)

1948 Gustaf Freij (Swe)

1952 Shazam Safin (USSR)

1956 Kyosti Lehtonen (Fin)

1960 Avatandil Koridze (USSR)

1964 Vlado Lisjak (Yug)

1988 Levon Dzhulfalakyan (USSR)

1992 Attila Replka (Hun)

1996 Ryszard Wolny (Pol)

Silver

1906 Karl Karlsen (Den)

1908 Nikolay Orlov (USSR)

1912 Gustaf Malmstrom (Swe)

1920 Taavi Tamminen (Fin)

1924 Lajos Keeresztes (Hun)

1928 Eduard Sperling (Ger)

1932 Abraham Kurland (Den)

1936 Josef Herdaz (Tch)

1948 Aage Eriksen (Nor)

1952 Gustaf Freji (Swe)

1956 Riza Dogan (Tur)

1960 Branislav Martinovic (Yug)

1964 Valeriu Bularca (Rom)

1968 Stevan Horvat (Yug)

1972 Stoya Apostolov (Bul)

1976 Stefan Rusu (Rom)

1980 Andrzej Supron (Pol)

1984 Tapio Sipila (Fin)

1988 Kim Sung Moon (Kor)

1992 Islam Duguchiev (CIS)

1996 Ghani Yolouz (Fra)

Bronze

1906 Ferenc Holuban (Hun)

1908 Avid Linden-Linnko (Fin)

1912 Edvin Matiasson (Swe)

1220 Fritjof Anderson (Nor)

1924 Kalle Westerlund (Fin)

1928 Eduard Westerland (Fin)

1932 Eduard Sperling (Ger)

1936 Voldemar Vali (Est)

1948 Karoly Ferencz (Hun)

1952 Mikulas Athanasov (Tch)

1956 Gyul Toth (Hun)

1960 Gustaf Freji (Swe)

1964 David Gvantseladze (USSR)

1968 Petros Galaktopoulos (Gre)

1972 Gian Matteo Ranzi (Ita)

1976 Heinz-Helmut Wheling (GDR)

1980 Lars-Eril Skiold (Swe)

1984 James Martinz (USA)

1988 Tapio Sipila (Fin)

1992 Rodney Smith (USA)

1996 Alexandere Tretyakov (Rus)

Greco-Roman : Welterweight (74 kg) Gold

1932 Ivar Johansson (Swe)

1936 Rudolf Svedberg (Swe)

1948 Gosta Andersson (Swe)

1952 Miklos Szilvasi (Hun)

1956 Mithat Bayrak (Tur)

1960 Mithat Bayrak (Tur)

1964 Anatoliy Kolesov (USSR)

1968 Rudolf Vesper (GDR)

1972 vitezslav Macha (Tch)

1976 Anatoliy Bytkov (USSR)

1980 Ferenc Kocsis (Hun)

1984 Jonko Salomaki (Fin)

1988 Kim Young-nam (S. Kor)

- 1992 Mnatsakalskandarian (CIS)
 1996 Feliberto Ascuy Aguilera (Cuba)

Silver

- 1932 Vainle Kajander (Fin)
 1936 Fritz Schafer (Ger)
 1948 Miklos Szilvasi (Hun)
 1952 Gosta Anderson (Swe)
 1956 Vladamir Maneyev (USSR)
 1960 Gunther Maritching (Ger)
 1964 Cyril Todorov (Bul)
 1968 Daniel Robin (Fra)
 1972 Petros Galaktopoulos (Gre)
 1976 Vitezslav Macha (Tch)
 1980 Anatoliy Bykov (USSR)
 1984 Roger Tallroth (Swe)
 1988 Dadulet Tourlykhanov (USSR)
 1992 Jozef Tracz (Pol)
 1996 Marko Asell (Fin)

Bronze

- 1932 Ercole Gallegatti (Ita)
 1936 Eino Virtanen (Fin)
 1948 Henrik Hansen (Den)
 1952 Khalil Taha (Lib)
 1956 Per Berlin (Swe)
 1960 Rene Schiermeyer (Fra)
 1964 Bertil Nystom (Swe)
 1968 Karloy Bajko (Hun)
 1972 Jan Karlsson (Swe)
 1976 Karlheinz Helbing (FRG)
 1980 Mikko Huhtala (Fin)
 1984 Stefan Rusu (Rom)
 1988 Josef Tracz (Pol)
 1992 Trobjoem Kornbak (Swe)
 1996 Jozef Tracz (Pol)

Greco-Roman : Middleweight (82 kg) Gold

- 1906 Verner Weckman (Fin)
 1908 Frithiof Martensson (Swe)
 1912 Claesx Johansson (Swe)

- 1920 Carl Westergren (Swe)
 1924 Eduard Westerland (Fin)
 1928 Vaino Kokkinen (Fin)
 1932 Vaino Kokkinen (Fin)
 1936 Ivar Hohansson (Swe)
 1948 Axel Gronberg (Swe)
 1952 Axel Gronberg (Swe)
 1960 Dimiter Dobrev (Swe)
 1964 Branislav Simic (Yug)
 1968 Lohthar Metxz (GDR)
 1972 Csaba Hegedus (Hun)
 1976 Momir Petkovic (Yug)
 1980 Gennedity Korban (USSR)
 1984 Ion Draica (Rom)
 1988 Mikhail Mamiashvili (USSR)
 1992 Hector Milian (Cub)
 1996 Hamza Yerlikaya (Tur)

Silver

- 1906 Rodulf Lindmayer (Aut)
 1908 Mauritzs andersson (Swe)
 1912 Martin Klein (USSR)
 1920 Artur Lindfors (Fin)
 1924 Artuf Lindfors (Fin)
 1928 Laszlo Papp (Hun)
 1932 Jean Foldeak (Ger)
 1936 Ludwig Schweikert (Ger)
 1948 Muhlis Tyafur (Tur)
 1952 Kalervo Rauhala (Fin)
 1956 Dimiter Dobrev (Bul)
 1960 Lothar Metz (Ger)
 1964 Jiri Kormanik (Tch)
 1968 Valentin Oleni
 1972 Anatoliy Nazarnko (USSR)
 1976 Vladamir Cheboksarov (USSR)
 1980 Jan Polgowicz (Pol)
 1984 Dimitrios Thanapoul (Gre)
 1988 Tibor Komaromi (Hun)

1992 Dennis Koslowski (USA)

1996 Thomas Zander (Ger)

Bronze

1906 Robert Bebreus (Den)

1908 Anders Anderson (Den)

1912 Alfred Asikainen (Fin)

1920 Matti Perttilä (Fin)

1924 Roman Steinberg (Est)

1928 Albert Kusnetz (Est)

1932 Axel Cadier (Swe)

1936 Jozef Palots (Hun)

1948 Ercole Gallgatti (Ita)

1952 Nikolaii Belov (USSR)

1956 Rune Jansson (Swe)

1960 Ixon Tranu (Rom)

1964 Lothar Metz (Ger)

1968 Branisla Simic (Yug)

1972 Milan Nenadic (Yug)

1976 Ivan Kolev (Bul)

1980 Pavel Pavlov (Bul)

1984 Soren Claeson (Swe)

1988 Kim Sang Kyu (Kor)

1992 Sergei Demiaichkievitch (CIS)

1996 Valery Tsilent (Blr)

Greco-Roman Light : Heavyweight (90 kg) Gold

1920 Claes Johansson (Swe)

1924 Carl Westergren (Swe)

1928 Ibrahim Moustafa (Egy)

1932 Rudolf Svensson (Swe)

1936 Axel Cadier (Swe)

1948 Karl-Erik Milsson (Swe)

1952 Kaelpo Gornadhl (Fin)

1956 Valentin Nikolayev (USSR)

1960 Tefvik Kis (Tur)

1964 Boyan Radev (Bul)

1968 Boyan Radev (Bul)

1972 Valeriy Rezantsev (USSR)

1976 Valerily Rezantsev (USSR)

1980 Norbert Nottny (Hun)

1984 Steven Fraser (USA)

1988 Atanas Komchev (Bul)

1992 Malik Buliman (Ger)

1996 Vyacheslav Oleyanyk (Ukr)

Silver

1920 Edil Rosenqvist (Fin)

1924 Rudolf Sevnsson (Swe)

1928 Adolf Rieger (Ger)

1932 Onni Pellinen (Fin)

1936 Edwins Bietags (Lat)

1948 Kaelpo Grondahi (Fin)

1952 Shalva Shikhladze (USSR)

1956 Petko Sirakov (Bul)

1960 Krail Bimbalov (Bul)

1964 Per Svensson (Swe)

1968 Nikolai Yakovenko (USSR)

1972 Josip Corak (Yug)

1976 Stoyan Ivannov (Bul)

1980 Igor Kanygin (USSR)

1984 Llie Matei (Rom)

1988 Harri Koskela (Fin)

1992 Hakki Baser (Tur)

1996 Jecek Fafinski (Pol)

Bronze

1920 Johannes Eriksen (Den)

1924 Onni Pellinen (Fin)

1928 Onni Peellinen (Fin)

1932 Mario Gruppioni (Ita)

1936 August Neo (Est)

1948 Ibrahim Orabi (Egy)

1952 Karl-Erik Nelsson (Swe)

1956 Karl-Erik Nelsson (Swe)

1960 Givi Kartoziya (USSR)

1964 Heinz Kiehi (Ger)

1968 Nicolae Martinescue (Rom)

1972 Czeslaw Kwiecinski (Pol)

1976 Czeslaw Kwiecinski 90 kg (Pol)

1980 Petre Dusu (Rom)
 1984 Frank Andersson (Swe)
 1988 Vladamir Popov (USSR)
 1992 Gogui Koguachvili (Ger)

Greco-Roman : Heavyweight (100 kg) Gold

1896 Carl Schuhmann (Ger)
 1906 Soren Jensen (Den)
 1908 Richard Weisz (Hun)
 1912 Yrjo Saarela (Fin)
 1920 Adolf Lindfors (Fin)
 1924 Henri Deglane (Fra)
 1928 Rudolf Svensson (Swe)
 1932 Carl Westergren (Swe)
 1936 Krisjan Palusalu (Est)
 1948 Ahmed Kirecci (Tur)
 1952 Johannes Kotkas (USSR)
 1956 Anatliy Parfenov (USSR)
 1960 Ivan Bogdan (USSR)
 1964 Istvan Kozma (Hun)
 1968 Istvan Kozman (Hun)
 1972 Nicolae Martinescu (Rom)
 1976 Nikolai Bolboshin (USSR)
 1980 Gheoghi Railkov (Bul)
 1984 Vasile Andrei (Rom)
 1988 Andrzej Wronski (Pol)
 1992 Hector Milian (Cub)
 1996 Andrzej Wronski (Pol)

Silver

1896 Georgios Tsitas (Gre)
 1906 Henri Baur (Aut)
 1908 Aleksandr Petrov (USSR)
 1912 Johan Olin (Fin)
 1920 Poul Hansen (Den)
 1924 Edil Rosenqvist (Fin)
 1928 Hjalmar Nystrom (Fin)
 1932 Josef Urban (Tch)
 1936 John Nyman (Swe)
 1948 Tor Nilsson (Swe)

1952 Josef Ruzicka (Tch)
 1956 Wilfried Dietrich (Ger)
 1960 Wilfried Dietrich (Ger)
 1964 Anatoliy Roschin (USSR)
 1968 Anatoliy Roschin (USSR)
 1972 Nikolai Yakovenko (USSR)
 1976 Kamen Goranov (Bul)
 1980 Roman Birla (Pol)
 1984 Greg Gibson (USA)
 1988 Gerhand Himmel (FRG)
 1992 Dennis Koslowski (USA)
 1996 Sergei Lishtvan (Blr)

Bronze

1896 Stephanos Christopoulos (Gre)
 1906 Marcel Dubois (Bel)
 1908 Sorn Jensen (Den)
 1912 Sorn Jensen (Den)
 1920 Martti Nieminen (Fin)
 1924 Raymond Bado (Hun)
 1928 Georg Gehring (Ger)
 1932 Nikolaus HJirschi (Aut)
 1936 Kurt Hornfischer (Ger)
 1948 Guido Fantoni (Ita)
 1952 Tauno Kovanen (Fin)
 1956 Adelmo Bulgarelli (Ita)
 1960 Bohmil Kubat (Tch)
 1972 Ferenc Kiss (Hun)
 1976 Andzej Skrzylewski (Pol)
 1980 Vasile Andrei (Rom)
 1984 Jozef terelje (Yug)
 1988 Dennis Koslowski (USA)
 1992 Mikael Ljungberg (Swe)

Greco-Roman : Super Heavyweight (130 kg) Gold

1972 Anatoliy Roschin (USSR)
 1976 Aleksandr Kolchinsky (USSR)
 1980 Aleksandr Kolshinsky (USSR)
 1984 Jeffrey Blatnick (USA)

1988 Aleksandr Kolchinsky (USSR)

1992 Aleksandr Kareline (CIS)

1996 Aleksandr Karelin (Rus)

Silver

1972 Alexandre Tomov (Bul)

1976 Alexandre Tomov (Bul)

1980 Alexandre Tomov (Bul)

1984 Refik Memisevic (Yug)

1988 Ranguel Guerovski (Bul)

1992 Tomas Johansson (Swe)

1996 Siamak Ghaffari (USA)

Bronze

1972 Victor Dolipdchi (Rom)

1976 Roman codeanu (Rom)

1980 Hassan Bchara (Lib)

1984 Victor Dolipschi (Rom)

1988 Tomas Johansson (Swe)

1992 Ioan Grigoras (Rom)

1996 Sergei Moreiko (Moldova)

U.S.S.R. : Greco-Roman (Gold)

1952 Boris Gurevich 52 kg.

1952 Yakov Punkin 62 kg.

1952 Shazam Safin 68 kg.

1952 Johaneskotkas 100 kg.

1956 Nikolai Solovyov 52 kg.

1956 Konstantin Wyrupayev 57 kg.

1956 Givi Kartoziya 82 kg.

1956 Valentin Nikolayev 90 kg.

1956 Anatoliy Parfenov 100 kg.

1960 Oleg Karavayev 57 kg.

1960 Avtandil Koridze 68 kg.

1960 Ivan Bogan 100 kg.

1964 Anatoliy Kolesov 74 kg.

1968 Roman Rurya 62 kg.

1972 Rustem Kazakov 57 kg.

1972 Shamil Khismutdinov 68 kg.

1972 Valeriy Rezantsev 90 kg.

1972 Anatoliy Roschin 130 kg.

1976 Aleksey Shumakov 48 kg.

1976 Vitaliy Konstantinov 82 kg.

1976 Suren Nalbandyan 67 kg.

1976 Anatoliy Bytkov 74 kg.

1976 Valerity Rezantsev 90 kg.

1976 Nikolai bolbishin 100 kg.

1976 Aleksandr Kolchinsky 130 kg.

1980 Zaksylik Ushkempirov 48 kg.

1980 Vakhtang Blagidze 52 kg.

1980 Gennadiy Korban 82 kg.

1980 Aleksandr Kolchinsky 130 kg.

1988 Komandar Madzhidov 62 kg.

1988 Levon Dzhultalakyanyan 68 kg.

1988 Mikhail Mamishvili 82 kg.

1988 Alexandr Kolchinsky 130 kg.

Italy : Greco-Roman (Gold)

1908 Enrico Porro 68 kg.

1932 Giovanni Gozzi 62 kg.

1948 Pietro Lombrdi 52 kg.

1984 Vincenzo Maenza 48 kg.

1988 Vincenzo Maenza 48 kg.

CIS : Greco-Roman (Gold)

1992 Oleg Koutcherenko 48 kg.

1992 Mnatsakalskandarian 74 kg.

1992 Alaxandre Kareline 130 kg.

S. Korea : Greco-Roman (Gold)

1988 Kim Young-nam 74 kg.

1992 An Han-bong 57 kg.

1996 Sim Kwon-Ho 48 kg.

Romania : Greco-Roman (Gold)

1960 Dumitry Pirvulescy 52 kg.

1972 Gheorghe Berceanu 48 kg.

1972 Nicolae Martinescu 100 kg.

1980 Stefan Rusy 68 kg.

1984 Ion Draica 82 kg.

1984 Vasile Andrei 100 kg.

Japan : Greco-Roman (Gold)

- 1964 Tsutomu Hanahara 52 kg.
- 1964 Masamitsu Ichinguchi 57 kg.
- 1968 Munji Mememura 68 kg.
- 1984 Atsuji Miyahara 52 kg.

Bulgaria : Greco-Roman (Gold)

- 1960 Dimitar Dobrev 82 kg.
- 1964 Boyan Rader 90 kg.
- 1968 Petar Kirov 52 kg.
- 1968 Boyan Radev 90 kg.
- 1972 Petar Kirov 52 kg.
- 1972 Gheorghi Markov 62 kg.
- 1980 Gheorghi Kailkov 100 kg.
- 1988 Atanas Komchev 90 kg.

Norway : Greco-Roman (Gold)

- 1988 John Ronningen 52 kg.
- 1992 John Ronningen 52 kg.

Armenia : Greco-Roman (Gold)

- 1996 Armen Nazaryan 52 kg.

Est : Greco-Roman (Gold)

- 1924 Eduard Putsep 57 kg.
- 1928 Voldemar Vali 62 kg.
- 1936 Kristjan Palusalu 100 kg.

Germany : Greco-Roman (Gold)

- 1896 Carl Schumhmann 100 kg.
- 1928 Kurt Leucht 57 kg.
- 1932 Jakob Brendei 57 kg.
- 1980 Stilianos Migiakis 62 kg.
- 1992 Malik Bulimann 90 kg.

Hungary : Greco-Roman (Gold)

- 1908 Richard Weisz 100 kg.
- 1928 Lajos Keresztes 68 kg.
- 1936 Marton Lorincz 57 kg.
- 1952 Imre Hodos 57 kg.
- 1952 Miklos Szilvasi 74 kg.
- 1964 Imre Polyak 62 kg.
- 1964 Istvan Kozma 100 kg.
- 1968 Janos Varga 57 kg.

- 1968 Istvan Kozma 100 kg.
- 1972 Csaba Hegedus 82 kg.
- 1980 Ferenc Kocsis 74 kg.
- 1980 Norbert Nottny 90 kg.

- 1988 Andras Sike 57 kg.

- 1992 Attila Replka 68 kg.

Sweden : Greco-Roman (Gold)

- 1908 Frithiof Martensson 82 kg.
- 1912 Claes Johansson 82 kg.
- 1920 Carl Westrgren 82 kg.
- 1920 Claes Johnasson 90 kg.
- 1928 Rudolf Svensson 100 kg.
- 1928 Carl Westergren 100 kg.
- 1932 Carl Westrgren 100 kg.
- 1932 Erik Malmberg 68 kg.
- 1932 Ivar Johansson 74 kg.
- 1932 Rudolf Sevensson 90 kg.
- 1936 Rudolf Svedberg 74 kg.
- 1936 Ivar Johnasson 82 kg.
- 1948 Kurt Pettersen 57 kg.
- 1948 Gustaf Freij 68 kg.
- 1948 Axel Gronberg 82 kg.
- 1948 Karl-Erik Nilsson 90 kg.
- 1952 Axel Gronberg 82 kg.

Finland : Greco-Roman (Gold)

- 1906 Verner Weckman 82 kg.
- 1912 Karlo Koskelo 62 kg.
- 1912 Eemilware 68 kg.
- 1912 Yrjo Saarela 100 kg.
- 1920 Oskari Friman 62 kg.
- 1920 Adolf Lindfors 100 kg.
- 1924 Kalle Antila 62 kg.
- 1924 Eduard Westerlund 82 kg.
- 1936 Vaino Kokkinen 82 kg.
- 1952 Kaelpo Grondahl 90 kg.
- 1956 Rauno Makinen 62 kg.
- 1956 Kyosti Lehtonen 68 kg.

1976 Pertukkola 57 kg.

FRG : Greco-Roman (Gold)

1984 Pasquale Passarelli 57 kg.

Kazakistan : Greco-Roman (Gold)

1996 Yuri Melnichenoko 57 kg.

Turkey : Greco-Roman (Gold)

1936 Yasar Erkan 62 kg.

1948 Mehmet Oktav 62 kg.

1948 Ahmed Kirecci 100 kg.

1956 Mithat Bayrak 74 kg.

1960 Muzahir Sille 62 kg.

1960 Mithat Bayrak 74 kg.

1960 Tevfikkis 90 kg.

1964 Kazim Ayvax 68 kg.

1992 M. Akif Pirim 62 kg.

1996 Hamza Yerlikaya 82 kg.

Poland : Greco-Roman (Gold)

1976 Kazimierz Lipien 62 kg.

1988 Anderzej Wronski 100 kg.

1996 Wlodzimierz Zawadzki 62 kg.

1996 Ryzard Wolny 68 kg.

1996 Andrzej Wronski 100 kg.

Korea : Greco-Roman (Gold)

1984 Weon-Keekim 62 kg.

Austria : Greco-Roman (Gold)

1906 Rudolf Watzl 68 kg.

Yugoslavia : Greco-Roman (Gold)

1964 Branislav Simic 82 kg.

1976 Momir Petkovic 82 kg.

1984 Vlado Lisjak 68 kg.

GDR : Greco-Roman (Gold)

1968 Rudolf Vesper 74 kg.

1968 Lothar Metz 82 kg.

Tche : Greco-Roman (Gold)

1972 Vitezslav Macha 74 kg.

Cuba : Greco-Roman (Gold)

1992 Hector Milian 82 kg.

1996 Feliberto Ascuy Aguilera 74 kg.

Egypt : Greco-Roman (Gold)

1928 Ibrahim Moustafa 90 kg.

U.S.A. : Greco-Roman (Gold)

1984 Steven Freser 90 kg.

1984 Jeffrey Blatnick 130 kg.

Ukraine : Greco-Roman (Gold)

1996 Vyacheslav Oleynyk 90 kg.

Rus : Greco-Roman (Gold)

1996 Alekxsandr Karelin 130 kg.

Denmark : Greco-Roman (Gold)

1906 Soren Jensen 100 kg

**COUNTRYWISE OLYMPIC RESULTS
GREECO-ROMAN SILVER MEDALS**

U.S.S.R. : Greco-Roman (Silver)

1908 Niklay Orlov 68 kg.

1908 Aleksandr petrov 100 kg.

1912 Martin Klein 82 kg.

1952 Shalva Shikhadze 90 kg.

1956 Vladmir Manevvy 74 kg.

1964 Vladlen Trostiansky 57 kg.

1964 Romen Rurua 62 kg.

1964 Anatoly Roschin 100 kg.

1968 Vladimir Bakullin 52 kg.

1968 Valientin Olenik 82 kg.

1968 Nikolai yakovenko 90 kg.

1968 Anotoliy Roschin 100 kg.

1972 Anotoliy Nazarnko 82 kg.

1976 Nelson Davidian 62 kg.

1976 Vladimir Cheboksarov 82 kg.

1980 Anatoliy Bykov 74 kg.

1980 Igor Kanygin 90 kg.

1988 Dadulet Tourlykhanov 74 kg.

Italy : Greco-Roman (Silver)

1932 Marcello Nizzola 57 kg.

1952 Ignazio Fabra 52 kg.

1956 Ignazio Fabra 52 kg.

1992 Vincenzo Maenza 48 kg.

Sweden : Greco-Roman (Silver)

- 1908 Mauritz Andersson 82 kg.
- 1912 Gustaf Malmstorm 68 kg.
- 1924 Rudolf Sensson 90 kg.
- 1928 Erik Malberg 62 kg.
- 1936 Egon Svensson 57 kg.
- 1936 John Nyman 100 kg.
- 1948 Olle Anderberg 62 kg.
- 1948 Tor Nilsson 100 kg.
- 1952 Gustaf Freji 68 kg.
- 1952 Gosta Andersson 74 kg.
- 1956 Evdin Verterby 57 kg.
- 1964 Persvensson 90 kg.
- 1984 Kentolle Johnasson 62 kg.
- 1984 Roger Tallroth 74 kg.
- 1992 Tomas Johnasson 62 kg.

Finland : Greco-Roman (Silver)

- 1912 Johan Olin 100 kg.
- 1920 Hekki Kakkonen 62 kg.
- 1920 Taavi Tamminen 68 kg.
- 1920 Artur Lindfors 82 kg.
- 1920 Edill Rosenqvist 90 kg.
- 1924 Anselm Ahlfors 57 kg.
- 1924 Aleksanteri Toivola 62 kg.
- 1924 Artur Lindfors 82 kg.
- 1924 Edil Rosenqvist 100 kg.
- 1928 Hjalmar Nystrom 100 kg.
- 1932 Vaino Kajander 74 kg.
- 1932 Aarne Reini 62 kg.
- 1948 Kaelpo Grondahl 90 kg.
- 1952 Kalervo Rauhala 82 kg.
- 1984 Tapio Sipila 68 kg.
- 1988 Harrikoskela 90 kg.
- 1996 Marko Asell 74 kg.

Hungary : Greco-Roman (Silver)

- 1924 Lajos Keereszter 68 kg.
- 1928 Laszlo Papp 82 kg.
- 1948 Miklos Szilvasi 74 kg.

1952 Imre Polyak 62 kg.

1956 Imre Polyak 62 kg.

1980 Lajos Racz 52 kg.

1980 Istavan Toth 62 kg.

1988 Tbor Komaromi 82 kg.

Poland : Greco-Roman (Silver)

1976 Anderzej Supron 68 kg.

1980 Jozef Lipien 57 kg.

1980 Jan Polgowicz 82 kg.

1980 Roman Birla 100 kg.

1988 Anderzej Glab 48 kg.

1992 Jozef Tracz 74 kg.

1996 Jacek Fafinski 100 kg.

U.S.A. : Greco-Roman (Silver)

1984 Greg Gibson 100 kg.

1992 Dennis Kosloski 82 kg.

1992 Dennis Koslowski 100 kg.

1996 Brandon Paulson 52 kg.

1996 Kennis Hall 57 kg.

1996 Siamak Ghaffri 130 kg.

Romania : Greco-Roman (Silver)

1960 Ion Cernea 57 kg.

1964 Valeriu Bularca 68 kg.

1968 Ion Baci 57 kg.

1976 Nicu Ginga 52 kg.

1976 Stefan Rusu 68 kg.

1980 Constantin Alexander 48 kg.

1984 Lile Matei 90 kg.

Iran : Greco-Roman (Silver)

1972 Rahim Ahabadi 48 kg.

FRG : Greco-Roman (Silver)

1972 Hans-Jurgen Veil 57 kg.

1984 Markus Scherer 48 kg.

1998 Gerhand Himmel 100 kg.

Japan : Greco-Roman (Silver)

1968 Hideo Fujimoto 62 kg.

1972 Kiochiro Hirayama 52 kg.

1984 Atsui Miyahara 52 kg.

Turkey : Greco-Roman (Silver)

1948 Kenan Oclay 52 kg.

1948 Muhlis Tayfur 82 kg.

1956 Riza Dogan 68 kg.

1992 Hakki Basar 90 kg.

Blr : Greco-Roman (Silver)

1996 Alexander Pavlov 48 kg.

1996 Sergi Lishtvan 100 kg.

CIS : Greco-Roman (Silver)

1992 Alfred Ter Mkrttchian 52 kg.

1992 Sergeli Martynov 62 kg.

1992 Islam Duguchiev 68 kg.

Max : Greco-Roman (Silver)

1982 Daniel Aceves 52 kg.

Bulgaria : Greco-Roman (Silver)

1956 Petko Sirakov 90 kg.

1960 Krali Bimbalov 90 kg.

1964 Angel Kerezov 52 kg.

1964 Cyril Todorov 74 kg.

1972 Stoya Apostolov 68 kg.

1972 Slexandre Tomov 130 kg.

1976 Stoyan Ivannov 90 kg.

1976 Kamen Gornow 100 kg.

1976 Alexandre Tomov 130 kg.

1980 Alexandre Tomov 130 kg.

1988 Stoyan Blov 57 kg.

1988 Jivko Vannguelov 62 kg.

1988 Ranguel Geroovski 130 kg.

Tch : Greco-Roman (Silver)

1928 Jindrich Maudr 57 kg.

1932 Josef Urban 100 kg.

1936 Josef herda 68 kg.

1952 Josef Ruzicka 100 kg.

1964 Jiri Kormanik 82 kg.

1976 Vitezslav Macha 74 kg.

UAR : Greco-Roman (Silver)

1960 Osman Sayed 52 kg.

Germany : Greco-Roman (Silver)

1896 Georgios Tsitas 100 kg.

1912 George Gerstacker 62 kg.

1928 Educard Sperling 68 kg.

1928 Adolf Rieger 90 kg.

1932 Jean Foldeak 82 kg.

1936 Ludwing Schweikert 82 kg.

1936 Fritz Schafer 74 kg.

1956 Wilfred Dietrich 100 kg.

1960 Wilfried Dietrich 100 kg.

1960 Lothar Metz 82 kg.

1960 Gunther Maritsching 74 kg.

1972 Petros Galaktopoulos 74 kg.

1992 Rifat Yildiz 57 kg.

1996 Thomas Sander 82 kg.

Egypt : Greco-Roman (Silver)

1948 Aly Mohmoud Hassan 57 kg.

Yugoslavia : Greco-Roman (Silver)

1960 Branislav Martinovic 68 kg.

1972 Josip Corak 90 kg.

1976 Ivan Frgic 57 kg.

1984 Refik Memisevic 130 kg.

Lib : Greco-Roman (Silver)

1952 Zakaraia Chihab 57 kg.

Cuba : Greco-Roman (Silver)

1996 Juan Luis Maren Delis 62 kg.

Austria : Greco-Roman (Silver)

1906 Rudolf Lindmayer 82 kg.

1906 Henri Baur 100 kg.

Denmark : Greco-Roman (Silver)

1906 Karl Karlsen 68 kg.

1920 Poul Hasen 100 kg.

1932 Abrahm Kurland 68 kg.

France : Greco-Roman (Silver)

1968 Daniel Robin 74 kg.

1996 Ghani Yolouz 68 kg.

Norway : Greco-Roman (Silver)

1948 Aage Eriksen 68 kg.

Korea : Greco-Roman (Silver)

1988 Kim Sung Moon 68 kg.

GDR : Greco-Roman (Silver)

1972 Heinz Helmut Wehling 62 kg.

Lat : Greco-Roman (Silver)

1936 Edwins Bietgs 90 kg.

U.S.S.R. : Greco-Roman (Bronze)

1952 Artem Teryan 57 kg.

1952 Nikolai Belov 82 kg.

1956 Roman Dzheladze 62 kg.

1960 Konstantin Vyrupayev 62 kg.

1960 Givi Kartozia 90 kg.

1964 David Gvanseladze 68 kg.

1968 Ivan Kochergin 57 kg.

1976 Farhat Mustafin 57 kg.

1980 Boriz Kramarenko 62 kg.

1988 Valdamir Popov 90 kg.

Bulgaria : Greco-Roman (Bronze)

1960 Petrov Dinko 57 kg.

1972 Stefan Anghelov 48 kg.

1976 Stefan Anghelov 48 kg.

1976 Ivan Kolev 82 kg.

1980 Malden Maldenov 52 kg.

1980 Pavel Pavlov 82 kg.

1988 Bratan Tzenov 48 kg.

Japan : Greco-Roman (Bronze)

1984 Ikuzo Saito 48 kg.

Hungary : Greco-Roman (Bronze)

1906 Ferenc Holuben 68 kg.

1924 Raymund bado 100 kg.

1936 Jozef Palotas 82 kg.

1948 Ferenc Toth 62 kg.

1956 Gyul Toth 68 kg.

1968 Karoly Bajko 74 kg.

1972 Frencsekiss 100 kg.

1976 Laszlo Reczi 62 kg.

1980 Ference seres 48 kg.

Finland : Greco-Roman (Bronze)

1908 Avid Linden-Linnko 68 kg.

1912 Alfred Asikained 82 kg.

1912 Otto Lasanen 62 kg.

1920 Matti Nieminen 100 kg.

1920 Matti Perttila 82 kg.

1924 Vaino Ikonen 52 kg.

1924 Kalee Westerlund 68 kg.

1924 Vaino Ikonen 52 kg.

1924 Kalle Westernlund 68 kg.

1924 Onni Pellinen 90 kg.

1928 Eduard Westerlund 68 kg.

1928 Onni Pellinen 90 kg.

1932 Lauri Koskela 62 kg.

1936 Eino Virtanen 74 kg.

1948 Reino Kangasmaki 52 kg.

1952 Leo Honkal 52 kg.

1952 Taunio Kovanen 100 kg.

1972 Risto Bjorlin 57 kg.

1980 Mikko Huhtala 74 kg.

1988 Tapio Sipila 68 kg.

France : Greco-Roman (Bronze)

1932 Louis Francois 57 kg.

1960 Rene Schiermeyer 74 kg.

Italy : Greco-Roman (Bronze)

1928 Giovanni Gozzi 57 kg.

1928 Giacomoquaglia 62 kg.

1932 Ercole Gallegatti 82 kg.

1932 Mario Gruppioni 90 kg.

1948 Ercole Gallegatti 82 kg.

1948 Guido Fantoni 100 kg.

1956 Adelomo Bulgarelli 100 kg.

1972 Giuseppe Bognanni 52 kg.

1972 Gian matteo Ranzi 68 kg.

Sweden : Greco-Roman (Bronze)

1912 Edvin Matiasson 68 kg.

1920 Fridtj of Sevnsson 62 kg.

1924 Edik Malmbergt 62 kg.

1932 Axel Cadier 83 kg.

1936 Einar Karlsson 62 kg.

1952 Karl-Erik Nilsson 90 kg.

1956 Per Berlin 74 kg.

1956 Rune Jansson 82 kg.

1956 Karl-Erick Nilsson 90 kg.

1960 Gustaf Freji 68 kg.

1964 Bertil Nystom 74 kg.

1972 Jan Karlsson 74 kg.

1980 Benni Ljungbeck 57 kg.

1980 Lars-Erik Skiold 68 kg.

1980 Soren Claeson 82 kg.

1984 Frank Andersson 90 kg.

1988 Tomas Johansson 130 kg.

1992 Torbjoern Kornbak 74 kg.

1992 Mikael Ljunberg 100 kg.

Germany : Greco-Roman (Bronze)

1928 Gerog Gehring 100 kg

1932 Eduard Sperling 68 kg.

1936 Jakob Brendel 57 kg.

1936 Kurt Hornfischer 100 kg.

1964 Lothar Metz 82 kg.

1964 Heinz Kiehl 90 kg.

1964 Wilfried Dietrich 100 kg.

1996 Maik Bullman 90 kg.

Greece : Greco-Roman (Bronze)

1896 Stephanos Christopoulous 100 kg.

1968 Petroz Galaktopoulos 68 kg.

1984 Haralambos Holdis 57 kg.

1988 Charalambos Holdis 57 kg.

Cuba : Greco-Roman (Bronze)

1992 Wilber Sanchez Amita 48 kg.

1992 Luan Luis Maren Delis 62 kg.

Tch : Greco-Roman (Bronze)

1952 Mikulas Athanasov 68 kg

1960 Bohmil Kubat 100 kg.

1968 Miroslavzeman 52 kg.

1968 Petr Kment 100 kg.

Switzerland : (Sui) Greco-Roman (Bronze)

1984 Hugo Dietsche 62 kg.

Rus : Greco-Roman (Bronze)

1996 Zafar Gulyor 48 kg.

China : Greco-Roman (Bronze)

1992 Sheng Zetian 57 kg.

1996 Sheng Zeitan 57 kg.

Poland : Greco-Roman (Bronze)

1972 Kazimierz Lipien 62 kg.

1972 Czeslaw Kwiecinski 90 kg.

1976 Czeslaw Kwiecinski 90 kg.

1976 Andzej Skrzylewski 100 kg.

1988 Josef Tracz 74 kg.

1996 Josef Tracz 74 kg.

Turkey : Greco-Roman (Bronze)

1948 Habil Kaya 57 kg.

1956 Durum Ali Agribas 52 kg.

1996 Mahmet Pirinm 62 kg.

U.S.A. : Greco-Roman (Bronze)

1984 James Martinez 68 kg.

1988 Dennis Koslowski 100 kg.

1992 Rodney Smith 68 kg.

Korea : Greco-Roman (Bronze)

1984 Dae-Dubang 52 kg.

1988 An Dae Hyun 62 kg.

1988 Kim sang Kyu 82 kg.

South Korea : Greco-Roman (Bronze)

1992 Minkuung 52 kg.

Ukraine : Greco-Roman (Bronze)

1996 Andriy Kalashnikov 52 kg.

Romania : Greco-Roman (Bronze)

1956 Francisco Harvat 57 kg.

1960 Ixon Taranu 82 kg.

1964 Dumitru Pirulescu 52 kg.

1964 Ion Cernea 57 kg.

1968 Simeon Popescu 62 kg.

1968 Nicolae Martinescu 90 kg.

1972 Victor Dolipschi 130 kg.

1976 Roman Codreanu 130 kg.

1980 Petre Disu 90 kg.

1980 Vasile Andrei 100 kg.

1984 Vicrot Dalipschi 130 kg.

Various Types of Combats of the World

1. Kushti: It is a old type of wrestling practised in India as well as Pakistan now-a-days. Touches both the shoulders on the ground for a moment or a second in considered as a fall or end of the bout otherwise the combats in a draw. One can apply the hold by catching the jersey of the opponent and pressing the neck by the knee is also in between the rules is allowed. Both the wrestlers fight bare foot wearing a longot and a special type of underwear which is called "Janghia". The important holds of Kushti are Nikal, Dhak, Dhobi, Multani, Bagalroomi, Sandi, Pat Nikalna etc. Kushti bouts are seen in the rural area of India with a special prize of white turban "Shella" or Jhandi plus cash money of the announced amount. These exhibition bouts are organised by the villagers on the different festivals in the shape of fairs. Moreover bouts are organised by the Kushti Contrators in the cities on the basis of ticket collection. The majority of Indian's believe in this type of wrestling. Kushti is prominent in Pakistan, Iran, Afghanistan, Indonesia, Singapore, Nepal, Bhutan, Bangladesh, Ceylone, etc. The neighbouring countries of India.

2. Catch as Catch can: Catch as Catch Can is the real shape of Indian Style Wrestling or Kushti in which victory is considered by pinning the opponent by touching his both shoulders blades to the ground or mat. It is popular in America, Canada, England in the rural areas. People wear

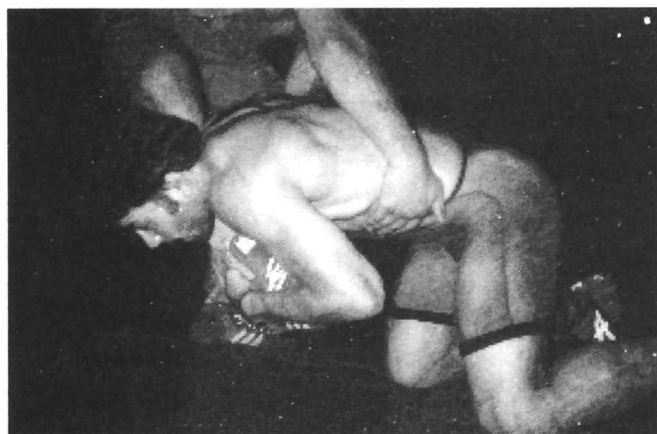


Fig.: 120 Free style wrestling

special dress in this type of Catch as Catch Can Style or they wear shirt and pants folding the ends of these clothes, bare footed. It is the real copy of Indian Style Wrestling. People enjoy the bouts on the certain occasions of pleasures and during annual tournaments.

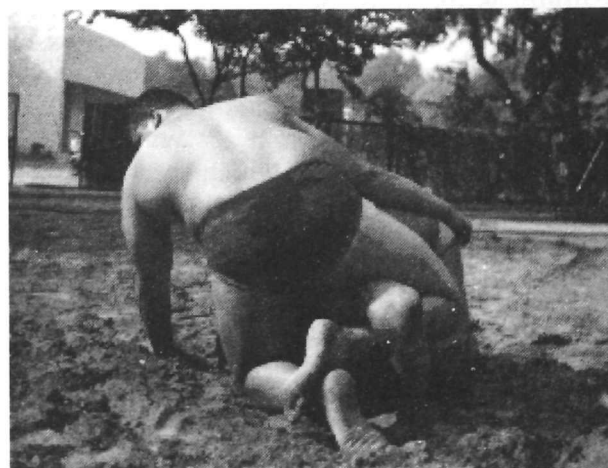


Fig.: 121 Kusti (oriental state wrestling)

3. Free Style Wrestling: No doubt it is a refined shape of Indian Style Wrestling or Kushti or Catch as Catch Can Style. It was named Free Style by the American Collegiate Athletic Committee in 1904 and was confirmed under the rules of weight categories dress, duration of the bout by passing of the time. For example at first the duration of Free Style Wrestling was 20 minutes, and then 15 minutes later it became 10 minutes to 9 and 8 minutes and afterwards it was reduced to 6 minutes and at present only 5 minutes are there. Now-a-days Free Style Wrestling is controlled by the International Wrestling Federation (FILA) establishing the head quarter at Lussuane in Suisse. Free Style has been adopted in Commonwealth Games. European Games, Asian Games and in the World Championship at least by hundred countries for a long time. In India and Pakistan it is very popular. According to Chaudhary Arif Mohd. the Secretary General of Pakistan Wrestling Federation, Pakistani Wrestlers have won about 150 medals from International Free Style Competitions. Because at least 100 countries are affiliated with (FILA) due to its utility. National championships are organised by all the countries every year. Pinning the opponent by touching both the shoulders blades with the mat simultaneously for a second is registered as a fall or victory otherwise the bout is declared on points. The completion of the duration wrestlers wear lion cloth, costume, ankle shoes with socks having a small handkerchief with the dress. A contestant is allowed to use the all body parts in effort of securing the fall or points but it is forbidden to catch costume, private parts, hair, skin or twisting the joints more than 90 degree or to apply locks and scissors. Thus due

to utility is the most popular game in India and the world. Most of the important holds of Free Style Wrestling can be seen in this book such as Flying Mare, Duck under, leg tackle, cross buttocks, Fireman's curry, Side swings, Nelsons, Colundun, Gutrench etc. which are well known throughout the Gutwrench world.

4. Greco-Roman Wrestling: This type of wrestling is fought mostly in European countries. It is the wrestling of Greece and Rome which is very clear by its pronunciation also. In Indian 'Purans' and Mahabharata etc. religious books it has been named "Bahu Yuddh" means arms fight.

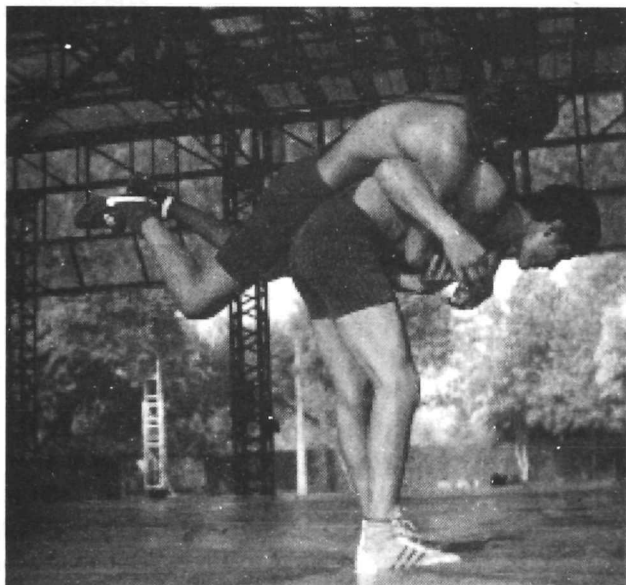


Fig.: 122 Greco-Roman wrestling

It has adopted in Olympic Games and every where the Greco-Roman is held side by side of Free Style in Mini Juniors and Seniors Age Groups.

Greco-Roman wrestlers wear the same dress as in Free Style and the points system with the fall is same including all prohibitions rules etc. But it is strictly forbidden to use the legs of opponent or own during the combat. Most important holds of Greco-Roman Wrestling are Flying mare, Arm drag, Cross buttocks, Saltos, Nelsons Neck levers etc.

5. Traditional Free Style: It is the olden wrestling style which is fought through out the world. Mostly in American countries and Europe. In traditional or professional Free Style Wrestling wear a short underwear or night underwear upon the lion cloth or langot and over size ankle shoes with over size socks. The arean is called the ring

as the ropes are tied around it so that the wrestlers may not be able to cross the ring during the heavy push hold. A sub-mision (To surrender) Knock out or a fall is considered when a wrestlers touches as both the shoulders of his opponent upto 3 seconds. The use of close fist, and striking or kicking or grabbing the sexual parts of the opponent are not allowed in traditional Free Style. The period had passed when in profession at Free Style hair were teared, bones were broken, fractures inflicted, arms and legs were twisted off, eyes were gogged out and what no happened ? A wrestler was thirsty for the blood of his opponent. But now this type of wrestling has been firmed under the modern rules, due to that Free Style appears in an impressive shape. Both the contestant wrestlers appear in the ring in a fine shape and the referee look-after the wrestlers combat minutely. Total submissions are rare, public warnings can be given against persistent offenders who refuse to heed the referee's verbal cautions. A wrestler is disqualified by more than two public warnings. Professional wrestler are most heavy other than of any style wrestlers. Zebra kid, Dstroyer, Gaint hay stack, King-Kong, Dady are the famous American and European heavy weight wrestler who start wrestling. Dara Sing is also well known Indian Free Style Wrestlers. Indian traditional wrestling bouts are organised on contract basis by means of ticket collection. This type of wrestling is not recognised by Olympic or World Championship Committee. It is liked by the majority , throughout the world. The same type of wrestling was in action during the Mahabharat period as the Purans and Mahabharat books describes about the Free Style bouts where a man could die during the fight as Lord Krishna was legend here of this type of wrestling. In Free Style mostly these techniques are popular Aeroplane. Arm lock, craddle hold, double thigh pick up, fore arm smash, Nelson, arm lock, head lock, scissors etc. The contest lasts upto 3 rounds of 4 minutes. Public takes much more interest in this funny wrestling other than any sport.

6. Cumber Land and Westmore Land Style: In Europe and mostly in Greece, Rome, Britain, Cumberland and Westmorland as well as Devon and Cornwall Styles are very popular. These names

are merely the equivalent of styles in other parts of the world such as "Sumo" in Japan and "Sambo" in Mongolia.

In Cumberland and Westmorland Style contestants begin a contest by standing face to face slight by apart holding each others upper body in both hands grip but with their chin on the opponents right shoulder or slightly above it. In cumberland and westmoreland style a wrestler is considered a loser if any part of his body except his feet touches the canvass. If both wrestling fall to the ground the one who is beneath his opponent or one who have fallen first is the loser or one who releases the grip. Dropping the opponent down three times was considered as the fall. This type of wrestling was adopted in the pre-olympics before the Free Style and Greco wrestling.

7. Devon and Cornwall Style: It is played in U.S. and England. Devaon and Cornwall Style Wrestling is different from Cumberland and Westermorland Style. Contestants must wear the jackets and hold the collar of their rivals plus one sleeve. Again they through each other from the standing position. A fall is registered when anyone of the following combinations occur



Fig.: 123 Cumberlands west moreland style wrestling

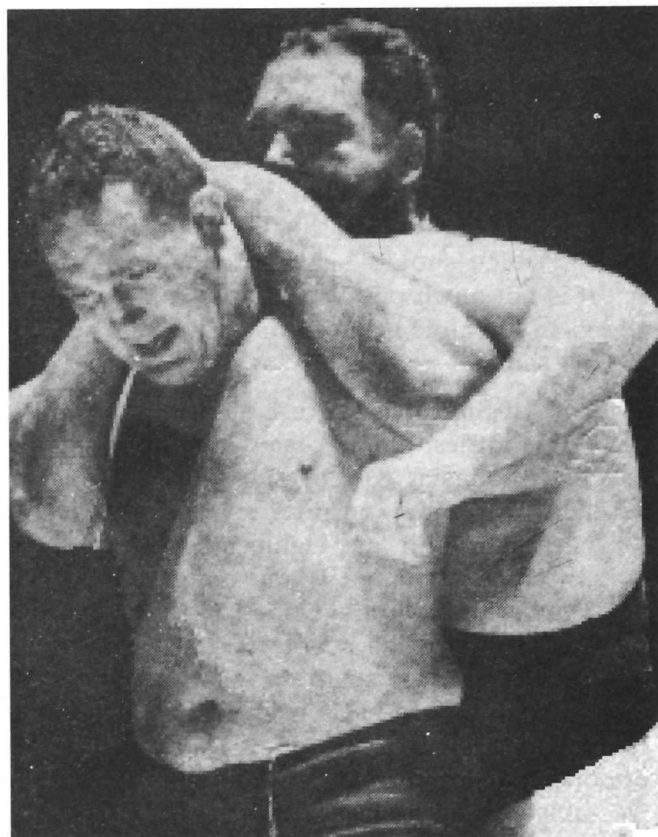


Fig.: 124 Traditional wrestling

simultaneously. Touching the mat with both shoulders and one buttock, two buttocks and one shoulder or both hips and both shoulders. If any part than the feet touch the ground in combat together the wrestlers must disengage and taken their original grip before restarting. Avoiding fall with the hand or knee is an offence which brings a caution. Any repetition means disqualification.

8. Sumo: Sumo is the National game of Japan, wrestlers wear a special type of heavy lion cloth and fight bare footed. A wrestler who pushes his opponent out of the arena or touches any part of the body of the opponent down on the mat is declared winner. It is also a traditional game and there are many heavy and larger wrestlers of "Sumo" in Japan. It is not a fast game like Free Style. Thus the Japanese believe to make their arms and legs stout and fat so that they may be able to success in Sumo. Though Sumo is good type of wrestling for the immediate development of the body and learnt easily. It is a good game to decide the body strength other than the Kushti or Free Style Wrestling in which a cunning or speedy wrestler receives the victory. Moreover, the Free Style is full of art which takes a long

time to learn. But it is much easier and simple to learn. Who pushes whom ? is decided the winner. It is required in daily routine of life also. Moreover, a man suffered with dislocation of any body joint be able to play Sumo but in this position he have to leave other type of wrestling. So Sumo is very good game for health as well as quite simple which should be adopted by everybody. But it is not much popular because it has not been added in Olympic Games which must be selected for the same.

9. Ju-Jit-Su : It is the art of game belongs to eastern countries. It was practised in India, China, Japan, Indonesia, Korea, etc. during the early days. It was more popular in Luchchu Island during seventeenth and eighteenth century which was the most disputed Island among China and Japan where people developed the arts for their self-defence when the people of this Island where it was forbidden to possess the arms and ammunition. But Ju-Jit-Su could not be so popular. It is a rough type of combat to throw the opponent down to push or make him surrender forceably having no rules.

10. Judo : Now-a-days Judo is the National game of Japan. Judo- born from Ju-Jit-Su. A University student of Japan namely Dr. Jigaro Kano practised and learnt many defensive arts like Ju-Jit-Su, Karate, Hi-ho, Kung-fu, etc. and there were many schools in Japan during seventeenth and eighteenth century who produced a new form of game from the aforesaid combats who named it 'Judo' Dr. Jigaro Kano furnished Judo by rules, dress and holds. In Judo a special white dress in



Fig.: 125 Deven & cornwell wrestling

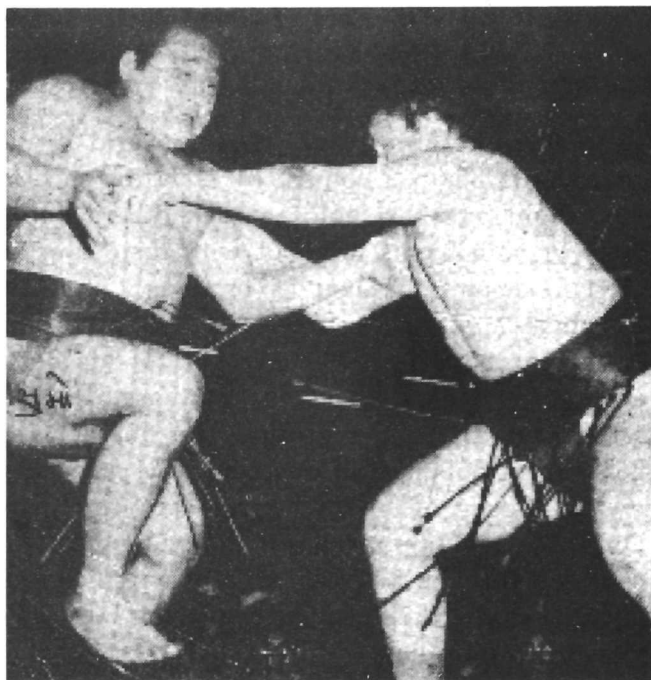


Fig.: 126 Sumo wrestling

the form of a double weaven Jacket and a trouser is wore. Contestants fight bare foot on the rice peels mats which are known as "Tatami". During the combat of the contestants catch each others Lapel by one hand and sleeve by another hand taking their own styled stance. The Referee announces the words of Japanees vocabulary during the combat.

Judo is an International game fought in Olympic games whereas it is popular and well known sport throughout the world. World people learni this game on the base of self-defence. It is very much popular in America and Europe in males and females both. The holds of Judo's are such as Uchimata, Seoinage, Tomoinage, are well known in the world. A Judo man is up graded by Ques and Dans.

11. Karate : Karate is also belongs to China and Japan which is defensive type sport. It has also been popularised throughout the world but not much popular like Judo. It is called the dangerous game. You can be a contestant uttering dangerous voices as well as fearful kicks and slaps using head snaps. Karate is not an Olympic Game. Thus it has less value. People learn it from defensive point of view. Many times a person is killed from Karate because the kicks are shoted mostly on the sexual parts where slaps and bones are used on the soft parts of the body. So it is much fearful game.

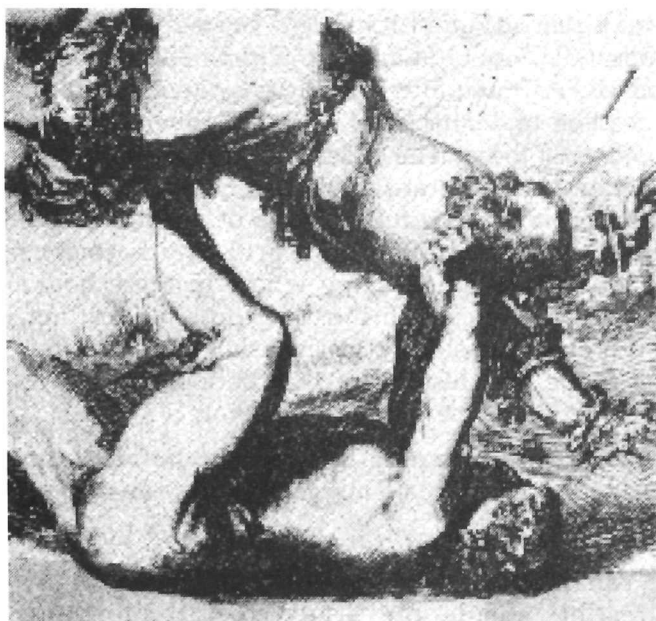


Fig.: 127 Karate

12. Sambo : Sambo is a Russian Combat. In Sambo the contestants wear a special type of jacket and an underwear and is fight be are foot or with shoes on the mat. The contestants catch each others jersey to pin or surrender their opponent by means of through. Sambo has also become an International game like Judo. Countries all over the world have strong traditional links with curesing in some form or another form as Sumo were styling is formed in Japan. Sambo is U.S.S.R. Yagli in Turkey, Sutchwingn in parts of Europe such as Switzerland and Glma in Iceland. Likewise, collar and elbow was in action in England for sometime whereas belt wrestling is fought in Russia. In belt wrestling both the contestants apply the holds by holding each other's

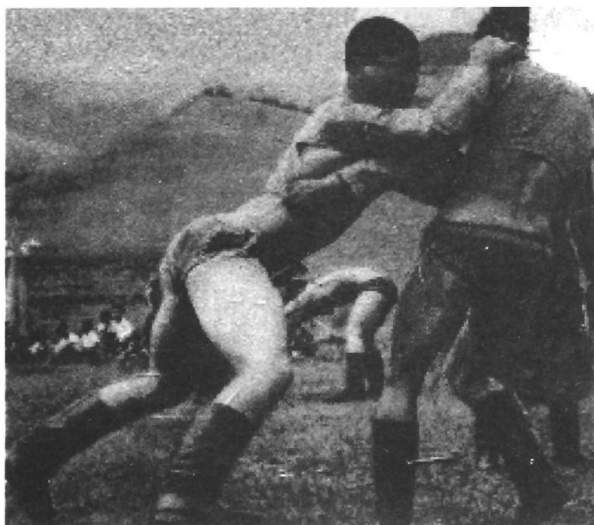


Fig.: 128 Sambo

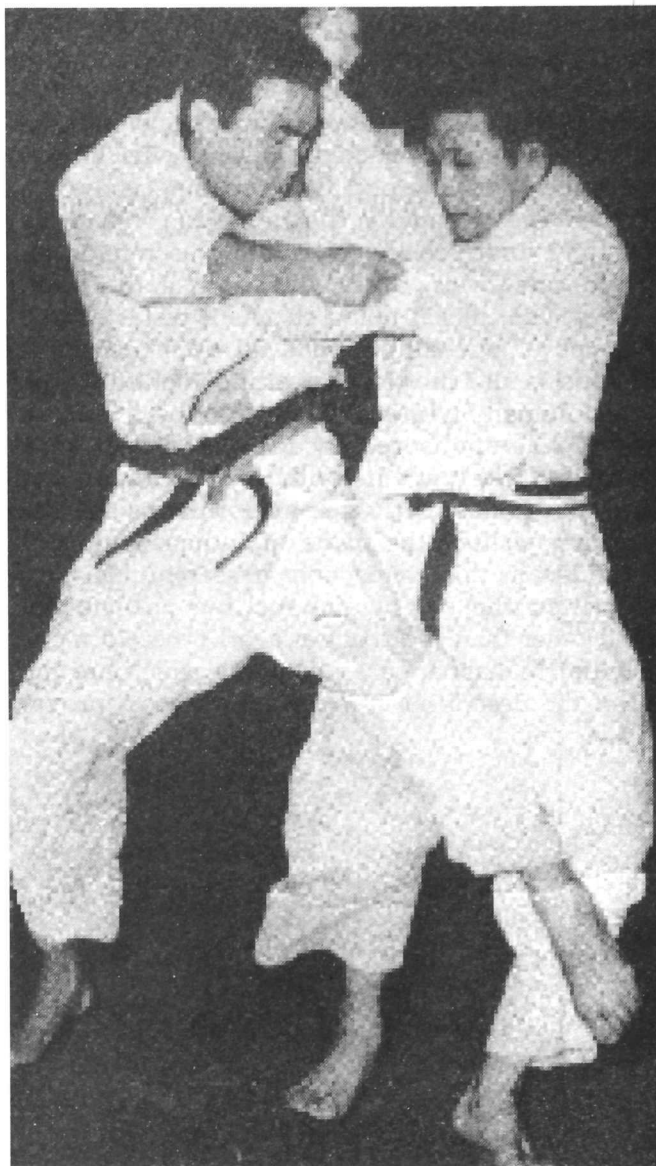


Fig.: 129 Judo

belt like Indian Style Wrestling. So, various kinds of combats were in action in the different parts of the world which have been accepted their as traditional wrestling of their Nation or the wrestling have become the International Game.

WRESTLING HISTORY OF INDIA OR ORIENTAL STYLE

Whenever we name the Free Style Wrestling the lay people are mistaken and call it by American Free Style or Dara Singh styled wrestling. But it is not like this. Indian Wrestling and Free Style Wrestling are same. With the grip of a underwear the wrestling practised on soil is known as Indian style, while it is said Free Style, when it fought on a mat with a prescribed dress (costumes and shoes) or take it like this that free style is a refined shape of Indian Style. The Indian

Style which is called 'Catch as Catch Can Wrestling' in America was first time organised in 1896 Athens Olympics where Karl Sutchuman or Germany became the Champion of heavy weight. In future Americans named the same wrestling as Free Style Wrestling and that wrestling is known all over the world by the name of Free Style Wrestling in which the wrestling was refined by weight categories, dress, duration of the bout, point system, illegal holds etc. As a result of that this type of wrestling spread all over the world and this is the modern wrestling including the Greco-Roman Style wrestling fought by above the belt. It was sponsored by FILA and hundreds countries take part in both styles during the Olympic games. So, whenever, history of the wrestling written the name of India should not be hidden in this connection. If searchful history be written the origin of wrestling will not be found other than India or Aryavart (The old name of India) Mahabharata and Purans which are the full of the descriptions of fights and bouts proves



Fig.: 130 Super heavy weight world champion
Viddo Pandit (India)

the wrestling history 5000 years old. Bhim-Jarasandh, Jimoot-Jamuwant, Shri Krishan, Balram, Salya, Hidimba and Bakasur etc. were the India wrestlers of Mahabharata period. Who shine the history of India. The oldest holy books of world Mahabharata, Purans, Bhagwat, Ramayan's etc. describes the bouts full pictures of wrestling with thousands of holds. The word 'Mall' (means wrestler) mentioned every where in these books realises the ancient history of India's wrestling. More ever this slok of Harivansh Puran classifies the shape of wrestling of that period which was not inferior to the modern wrestling :-

"Atain bahuwomalla nipatatn hatai, Rang partapen kamen Mall margasehai Dooshitail."

Harivansh Puran 30

Meanings : This person has killed many wrestlers inside the arena due to imposing impression. Likewise he has spoiled the path of wrestling. It is very clear from this slok at that time also to hurt or to kill the opponent was considered most. Mahabharata period can be divided into four parts of wrestling such as :-

1. **Hanumanti wrestling** : Wrestling fought with expertness and holds.
2. **Bheemseni wrestling** : Wrestling fought by means of strength like Bheem.
3. **Jamuwanti wrestling** : The wrestling in which locks and chanks are used.
4. **Jarasandhi wrestling** : The wrestling in which body parts are twisted and to be broken.

The stout persons use their power and fight the Bheemseni wrestling a intelligent wrestler defeats his heavier opponent on the basis of expertness and use of techniques is called

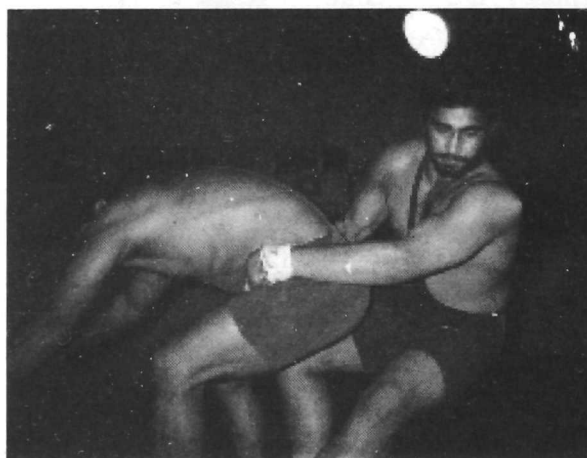


Fig.: 131 Itanumanti wrestling

Hanumanti wrestling. On the other hand in Jamuwanti wrestling an opponent is indulged into locks while one can damage the opponent by means of dislocation of body joints throw twisting or bending his body parts. In Jarasandhi wrestling it is said that wrestling was on the peak during Mughal period. A wrestler of Manjha state Suchit Singh was a heavy and tall defeater.

While Bhagwan Singh drew with Gama in Meerut (U.P.). At that time, there were so many famous wrestlers like Mahaveer, Chirag Ali, Ram Janam, Teja Singh, Harnam Singh, Eassanat, Mangala Rai, Sukhdev etc., the heavy weight wrestlers. They were world standard wrestlers. A European American Free Style star was defeated by Brahamdev Mishra. Moreover it has been mentioned before that Karim Bux won the World Champion title by defeating Tom Canon of America while Ghulam got the same title by defeating Kadir Ali of Turkey. A pupil of Ram Moorti Gaurar secured the World Champion title by defeating Adshantal in San Francisco during 1921. Gama was declared World Champion in 1928 by defeating Zhebisco after a disputed bout held in London. Likewise, Viddo Pandit and Ram Moorti were undefeated in the world. Goonga and Keekar Singh were also the top most and world famous wrestlers.

While the Europeans practice on the mat and have their competitions on mat and having sufficient free style wrestling teams but India has a single team which is also always unprepared. Free Style Wrestling entered in the country from 1932 and Wrestling Federation of India was formed first time in 1948.

Before the Indo-Pak partition the heavy weight wrestler was honoured by title of Rustam-E-Hind. After this the next title of Hind-Keshri was started. By passing the time many wrestling federations were formed in India. The new titles of "Mahanbharat Kesri". Mahanbharat Kesari as well as Mall Samrat were formed. Two years before late Dr. Pisolker is Indian style wrestling secretary and Ch., Balwant Singh is the president while Free Style Secretary is V.M. Datta but all the responsibilities and cares of federation are assumed by president Mr. G.S. Mander.

Free Style history of wrestling starts from here that K.D. Jadhev of Maharashtra secured a silver medal in Free Style Wrestling from Helsinki Olympics in 1952 while Lila Ram of Mandola (Haryana) gained name and fame to the country

by winning the gold medal from Commonwealth Wrestling held at Cardiff. Maruti Mane Gampat Andalkar and Malwa secured golds from Asian Wrestling held at Jakarta 1962. Thus, Bishambhar Singh Railways earned silver medal from world wrestling held at Delhi in 1968. Chandgi Ram earned Gold from Asian wrestling in 1972 from the efforts of Dewan Partap Gen. Sec - WF1.

Show History of wrestling where Chandgiram, Subhash, Sanjay, Kartar Singh, Satya Pal as well as Rajender Singh, Leela Ram famed, Udechand (Haryana) and Laxmikant Pande (U.P.) has been the Champions of Asia. Moreover Meharuddin and Janardan of (U.P.) and Fateh Singh of (Rajasthan) were the super heavy weight popular Champions.

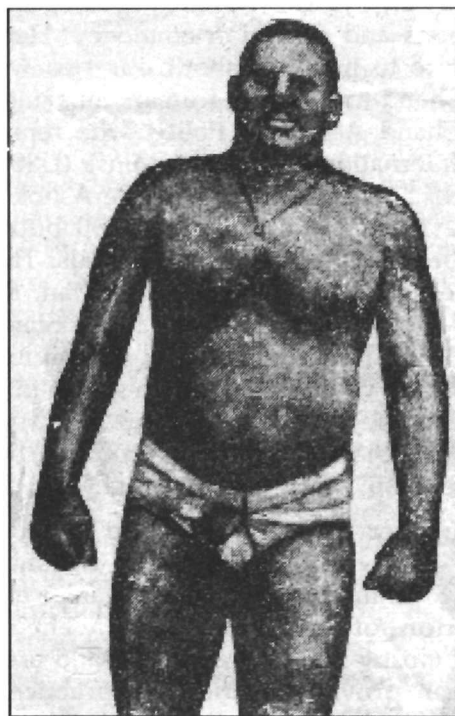


Fig.: 132 Kikar Singh world champion (India)

Diwan Partap Chand, Mama Mahol, Sard Parwar, Guru Hanuman, Chandra Swami, Uttam Parkash Bansal, Dr. Pisolkar, Ch. Balwant Singh, K.D. Nayyar, G.S. Mander, V.M. Datta, Raj Singh, Surender Vig and Dhara Singh etc. has been the main promoters of wrestling during 20th century.

The Indian Style Wrestling is the base of Free Style Wrestling. It is separated from Free Style Wrestling the result will be ended in a smoke. The soil wrestling is conducted due to our customs, festivals and religion. The wrestling fairs are organised during festivals and functions in the every corner of India through out the year where thousands of people enjoy it. In villages wrestler



Fig.: 133 Dr. S.A. Pisolkar (Gandhi Cap) Founder of WFI

are worshipped like Gods and they are offered milk as well as cream with respect. So the wrestlers enjoy the wrestling in fairs for competitions and collection of money. Here, I do not hesitate to mention about our two wrestlers Naresh Chand and Ashok Kumars amazing bouts. Naresh Chand ASI Delhi Police, who represented India in International Wrestling Minsk (USSR) have a record of almost 2000 bouts while Ashok Kumar having a record of near about 800 bouts who secured bronze, silver and gold medals. The other main wrestlers Rajinder Singh Chauhan, Rajinder Yadav, Ashok Kumar, Rajinder Bisht, Shahid Ali, Joginder Singh Junior National Champions and International upraising stars have many fresh hopes. They are proud of their town and villages. A wrestler generally becomes proud of his tribe and those people feed him day night.

The master of arena is called "Khalifa" or "Guru." The wrestler of a arena worship their Guru by touching his feet. They organise a weekly competition of all the areanas. The Indian wrestlers mostly like to practice in sand arena and it has been proved beneficial to practice in the soil according to the climate of India. Here, most wrestling practise is possible during the winter season only. But one feels a special peace after practising in the soil. Body and face are shined. It abolishes hairs of body and avoids the skin diseases while it makes the skin clean. This is main cause that Indian wrestlers cannot be able to become successful in Free Style Wrestling yet the wrestler should practise on the mat for success of International wrestling which is the fresh demand of the time. They must practise on the mat during winter season. Then, no doubt they can secure the International medals. In this book modern wrestling techniques are described with details with the important holds pictures to learn them even a lay person also become a wrestler or master of wrestling.

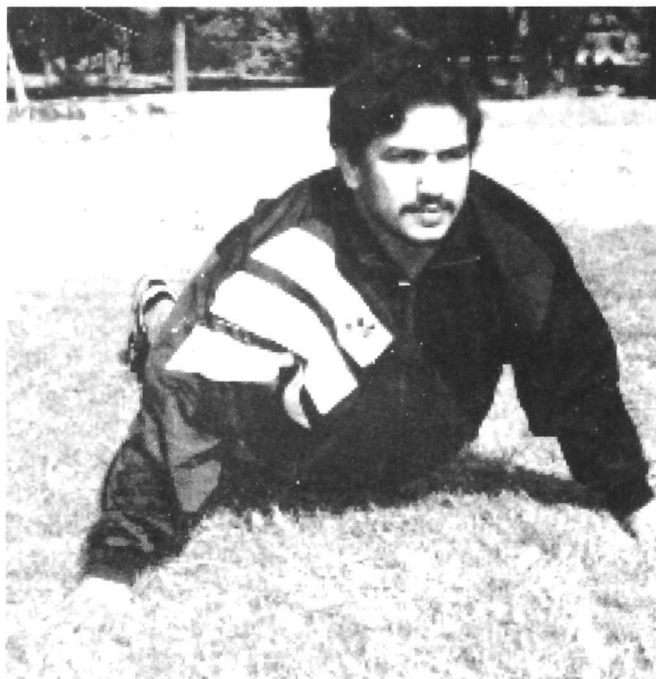


Fig.: 134 Long push ups

USEFUL EXERCISES FOR THE WRESTLING

1. Long pushups: Push ups and situps (Dand Baithaks) are Indian exercises. Though excess Dand Baithaks spoils the joints yet their utility can not be ignored. Push ups and sit ups are useful in a limited numbers. It is so cheap and simple exercise which have no need for the apparatus or at any time it can be taken Dand Baithaks are main exercise of Indian wrestlers even the foreign wrestlers don't know to be done. Dand Baithaks are useful only when these are added with the wrestling practise. But no one can be able to become a wrestler on the basis of and Baithaks it has been pointed out.

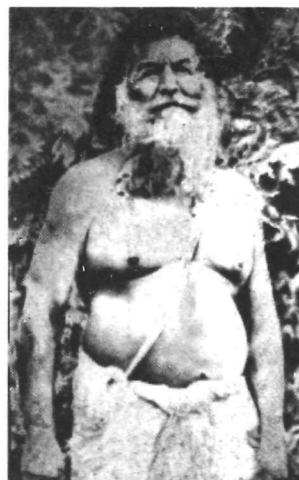


Fig.: 135 Soil wrestling coach Chiranzi (India)

Shoulders, arms, chest etc. parts are formed with the Long Dand. It develops the breathing system and eases the waist, strength and smartness is produced more exercises is completed in a short time from this one gets sweating soon. Dand Baithak must be taken after wrestling practice in sufficient numbers. For the dand baithaks put your both hands part apartly at a distance according to body dimensions and putting the palms and fingers in front direction. The palms based upon bricks also. Putting the heels and paws on the floor on the back, fold both feet, the buttocks upward and eyesight should be in front. Make action of the dand as the head enters the hole. At first fill up full breathing, without bending the neck bending the arms only go forward with a unbreakable swing by pushing the chest with the floor. Make the hands straight now and making the direction of face to wards the sky fix yourself like a snake. Now taking your chest beyond the hands, come, in the previous position and leave the breathing by putting heels and hips above. It is called a dand. Likewise do it again and again.

2. Short push-ups : Short pushups takes less power action then that of long push-up or Dand. But these type of full kinds not to make chest, shoulders and arms. Generally these types of dands are taken by putting palms on the bricks. Fix your both hands and palms on two bricks at a accurate distance according to your body.

Fold both the feet on paws and heels to wards back taking the belly and chest nearer to the floor. Bending the elbows swing the chest forward and



Fig.: 137 Short push ups

fix yourself like the snake looking upward in the sky by straightening the hands and feet. Not take yourself in a reverse swing to back side and come into the previous position and leave out the breathings. It is known as one short push-ups likewise do it continuously. Even though you can complete many dands in a single breathe, short push ups are done after tiredness during laziness.

3. Parallel bar push-ups: Parallel bar push-ups is a international exercise have been done all over the world by wrestlers and gymnastic which is much more useful for wrestlers. Every wrestler should practise for these type of pushups there is no kind of danger for joint dislocation from it like the aforesaid dands. It strengthens the shoulders, arms, fore arms, wrists, neck, back muscles, whereas agiles the waist and the body and makes the mind peaceful as it stands upward. No doubt a wrestler is able to pin his opponent if he is able to do these swinging type of parallel bar push-ups which makes the above belt body iron catch the bars of the parallel bar by both hands and stand on it on the basis of hands by taking a jump. Now swing your legs in folding position forward and backward automatically. When the legs one back, take a swing taking these forward bending the hands from elbows as the upper portion with head straight look forward legs should reach beyond the bar. Take as back swing, automatically by lifting your body upward straightening the hands and come in the previous position, likewise go for the next and again for next positions and do it until your arms are tired. Then take rest for a while and do it through trips. Generally it has been seen that a wrestler is able to complete almost ten push-ups during a trip. After the trip the practitioner does the Massage of his arms and forearms for beginning the next trip of parallel bar pushing likewise. A wrestler should do these push-ups at least 100 in counting. He can reach



Fig.: 136 Paraller bar push ups

upto its double or tripple by practice from which one can make his arms equivalent to the legs. In the beginning when one learns one should not try for swinging push-ups. For which fix push-ups are essential to reach on this stage. Without any swing fixing the hands on the parallel bars in straight position with folding legs downward go down and come upward bending straightening the hands as keeping the upper portion straight. After this every one should practice for the push-ups other than the mini wrestlers. The swinging type which are the means of progress in the wrestling.

4. High Push-ups: High push-ups require hard practice so these are not able to be done in more countings. After wrestling or just after wrestling practice high push-ups are taken otherwise these type of push-ups causes pain in the head. High push-ups strengthen the arms chest and neck. The body is tiredfully for the same. Put your folded feet on a high place or table and put the hands down on the floor with a distance accordingly. Fix yourself on a place by taking your waist downward and looking in front. Now like the short push-up taking breathe in the chest go downward by bending the elbows passing the chest nearer to the floor fixing himself like a snake

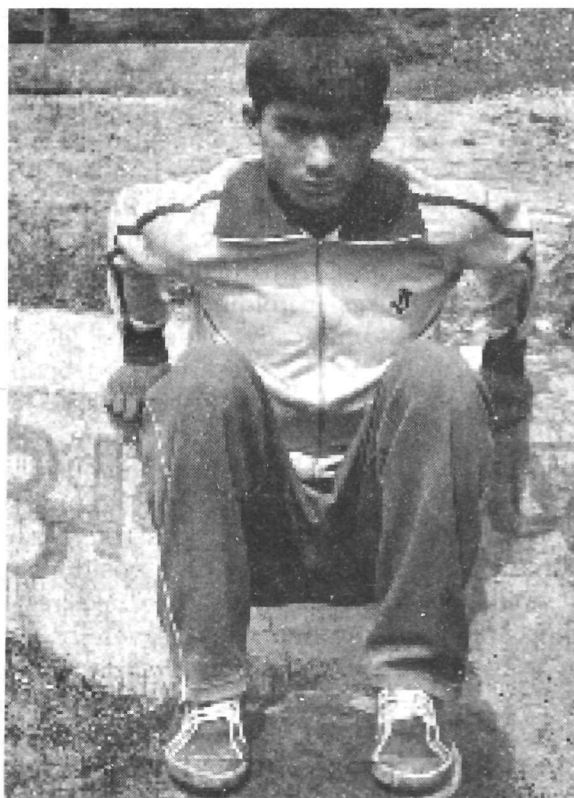


Fig.: 138 Reverse push ups



Fig.: 139 High push ups

looking forward or upward and come with the reverse swing in the previous position. Now release the breath and do likewise and again.

5. Reverse push-ups: To make the hands stout and long breathing reverse push-ups are very useful for a wrestler and others. Put your palms back on a kot in sitting position facing the fingers forward. Making the upper portion straight and closing the legs together by bending them from knees at 90 degree or fixing them on any raised place. Go down ward after filling the full breath in the chest by bending the hands elbows in full and return to the previous position and release the breath out. Then again filling air in the lungs for he next pushups and do likewise. Reverse push-ups are done in the case of lazyness, gloomy mood or during tiredness.

6. Circle push-ups: To create tiredness and agility in the body circle push-ups is a good exercise for wrestlers. Afterwards the wrestling practice or exercise circle push-ups create smartness and power in the body. For the circle push-ups bending the left knee sit down upon the paw and by flattening the other feet side ways putting the palm in between the feet and put the left palm beside left. Now flattening the right feet swinging to the left side and during the same time lifting the right hand up, put it one sides to the right foot. In this connection move on the right leg and lifting the left leg taking it above the right feet, put it beside the another leg during this put the left hand beside the another hand. Now you would be able to make the position of the push-ups. Now filling the breath after completion, of push-ups come upward and 90 backward sitting on the paws position. Return to the same position and keep push-ups in circle. When you are tired

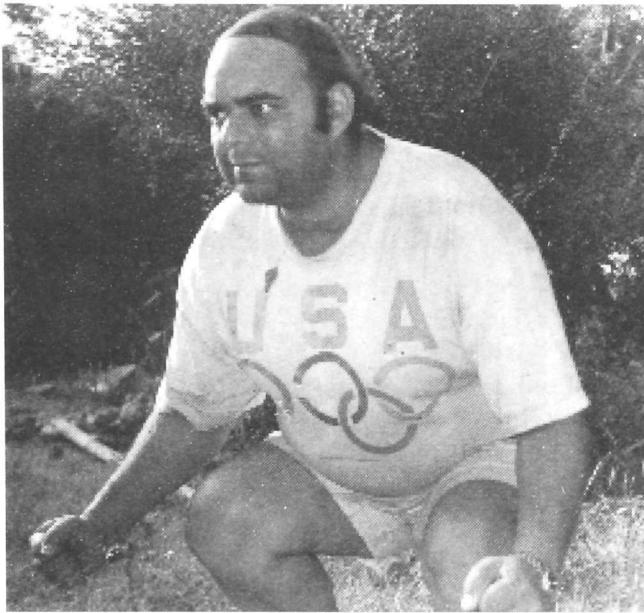


Fig.: 140 Simple sit ups

in the same direction then bending the other leg push-ups in the another direction.

7. Simple sit-ups: Sit-ups makes the legs strong but excess sit-ups spoils the knee joints also as it is pointed out before. Therefore after the wrestling practice to do sit-ups in the limits is beneficial for a wrestler. It is very easy and beneficial exercise. Take a distance of half feet stand in a straight-way. Fill up the full breath in the chest closing the palms and fingers taking as the hands back with a jerk, raising the heels on the base of paws sit downward keeping the sight in front and let the hands go forward the same rhythm which may be able to make a angle of 45 degree. Now return to the previous position by taking the hands back with a jerk. Now release the breath and do sit-ups again and again to remove the muscular pain as well as weariness do massage by hands and again carry on likewise.

8. Weight push ups: Tired after wrestling practice or exercise pull-ups are very essential and useful in a limit. For the weight push-up make a position of simple push-up and putting a own weight wrestler upon you, start the push-up by filling the breathe in the chest. The body will be tired within two or three minutes by the said exercise.

9. Movement sit-ups: These type of sit-ups are called jumping sit-ups also. They make the thigh calves strong which develop the stamina and make the body agility. Likewise this type of sit-up is

considered as best sit-up for the same stand on the base of heels and paws at a distance of almost 6 inches and keep the paws straight in front. Breathe in the chest closing the hands fingers taking the hands a bit back jumping forward with a jerk swing at 45 degree without any break stand up on the sudden movement at once stand up at once taking. The hands one on back and when the knees are abut to become straight go back six inches likewise with a jump and make the body straight with pushing to breathe out. It is considered as one sit up. Likewise if you complete a full part than a breathe will become uncontrolled and body will feel unrest with massaging by the hands again and again carry on the sit-ups. Having full stamina the urestlers complete about 100 sit-ups part but it should be done conveniently.

10. Bending sit-ups: It is very useful sit-up which is done by the help of tree or wood by both hands. Stand on both feet at distance of almost half feet parallel and fill the breathe in the chest sit-up on the base of heels and paws release out the breathe and do it again and again. Bending sit-up control the breathing while it removes weariness.

11. Weight sit-ups: There is no useful other than this type of sit-ups . It makes the things like the drum and develops so much stamina that one get sweating during the winter season also. Mostly European wrestlers do the weight sit-ups. Weight sit-ups is done even by putting the other wrestler upon the back or by putting any kind of weight on the shoulders.



Fig.: 141 Walking reverse on fours

For doing the weight sit-ups stand up in a simple position by putting the weight upon the shoulders according to your power. Now filling up the breath in the lungs sit upon the heels and paws in a position so that thighs may not touch to the calfs. Don't bend the upper portion of the body. Now return to the previous position on the basis of the heels and paws. When ever breathing become uncontrolled and it begins swetting then again repeat the some actions. Do the weight sit-ups for increasing the weight.

12. Dubebell sit-ups: It is also a weight sit-up but differs in a way that these sit-ups are done by holding the dumbbells in hands. Taking the feet parallel and paws in front stand up filling up the breathe in the chest, sit down upon the feet straightening the hands like weight sit-ups keep the trunk straight like-wise again. Doing sit-ups in this way one can make the thin thighs like a pillar.

13. Sit ups and stand ups: Many thanks and blessing to the maker of this exercise as this exercise is much more useful for the wrestlers. There is no exercise such as this sit-up and stand up for the wrestlers which called salami in India. It is sit-up as well as the stand up both. Body is tired in this exercises. Even the strongest wrestlers are fed up and one gets sweating. It develops the power agility, smartness and stamina in the body.

For this exercise stand in a straight way putting both the feet parallel at approximate distance of six inches. Now taking the breathe jump forward 1/2 feet bending the legs from the joints put down your hand downing the body at a distance of 20 inches and at that sudden movement close your both legs taking them back in a push up position and now do action of long push up. Again put the feet forward in the sitting position on the floor with both hands and breathe out. The wrestlers should not forget this exercise after wrestling practice.

14. Digging arena: European countries mostly have the rubber or synthetic arena but India or the Eastern countries simply keep soil arenas where a heavy spade is kept from that digging arena once or twice one feels completely exhausted. Digging arena tires the all parts of body which a good exercises for the wrestlers. It makes the arenas stout and exile the waist whereas strengthen the waist also. Makes the wrestler wet



Fig.: 142 Dumbell sit ups

from swetting. It develops stamina and a new spark in the body and mind.

15. Moving the leveller: There is a great combination of digging the arena and moving the leveller. Because when the arena is digged absolutely it is necessary to level it by the leveller. To move the leveller is very useful exercise. It is a excellent exercise to strengthen the legs and to gain stamina. It recovers the spoiled knees. It is



Fig.: 143 Moving the leveller on soil

quite beneficial if some one makes his thigh stout by doing this type of exercise and not the sit-up, then question does not arise for spoiling of knees at all. Sit-ups makes the thighs front portion whereas this one strengthens the front as well as the back portion of the legs including calves muscles and hips.

For moving the leveller taking the rope over the head keep it one shoulders passing it through both arm pits catch the rope from back side by both hands. Let a wrestler be sit upon the leveller according to your wish. Now keep moving the leveller as it is run in the mean time your thighs will be tired and you will be sweated.

16. Running the well: Running the well also is very useful exercise for the wrestlers like the leveller a work as well as a exercise. The Punjabi wrestlers fun the well and John Bull Belt Holder Gama also used to run the well. Thighs become equivalent to the drum by this exercise. But it is necessary to warmup the body before doing such exercises.



Fig.: 144 Rope climbing

To run the well drop the rope in the waist or shoulders and catching the rope with both hands bending downward step forward. Fun the well taking rounds upon rounds until your thighs may be tired

Now release breathing and take or break even after flowing the perspiration.

17. Rope climbing: Rope climbing is a essential for the wrestlers. This exercise is made for the wrestlers. This exercise of rope climbing makes the hands stout and strengthens the neck and chest. It makes the wrist grip hard. There are so many method of climbing. But a wrestler should climb many times. Through ordinary method there should be such type of rope so that the grip may be filled deeply catch the high tied rope above the head by right hand grip in such a position that if the thumb is one side then fix the fingers to another side. Now pulling the rope own side catch the rope by second hand above 1/2 feet. Fold the both legs downward. Now the chest should reach in front of your right hand.

18. Moving Dumbbells: This exercise strengthens the shoulder, arms neck and makes the grip hard. It is immaterial that dumbbells are moved in many a styles. Method here is being described which is beneficial for the wrestler.

Taking the thumb in side and fingers out side catch the weight dumbbells in both the hands and stand by taking the dumbbells in downward position. Now stopping the breath or filling the breath in chest take the dumbbells above upon your left shoulders with a jerk bending the hand from elbow. Now take a jerk in the same way for the right hand upward and take the left hand downwardly automatically and rhythmically.



Fig.: 145 Moving Dumbbells

Move the dumbbells like this turn by turn and you will feel interest in doing the exercise. The practice of wrestling dumbbells gives much power to the body.



Fig.: 146 Lifting Dumbbells

19. Lifting the dumbbells: It is also exercise to make the hands stout, catching the weight, dumbbells in your hands take them up on the shoulders. Now straight the left hand up and make the right hand up taking the left hand down making a rhythm upward and downward turn by turn. Now keep moving the dumbbells until you are tired.

20. Santola: Santola is a very good exercise to make the grip and hand strong. It is the exercise which is done after wrestling practice. Almost one can prepare a santola to lie rope with a stick having some weight. The stick is being moved roll the rope upon it for the same, catch the stick by both hands grip taking fingers direction towards the sky on a distance of eight or ten inches. Now make the hands straight in front of the chest. Moving the grip turn by turn roll the rope upon the stick when the rope is ended and the weight strikes to the stick then loosening the stick let the weight go down by automatic reverse roll. Likewise roll it and leave it again. In the mean while your grip will be fully tired and the finger will become tied.

21. Bench Push: It is also a weighty exercise from which chest arms and neck etc. spread like a balloon. In some iron rod putting the weight accordingly lie straight on bench, catching the rod by palms in opposite direction of the mouth put the rod on the chest. Now filling up the deep breath in the chest straightening both hands lift the weight and taking it down again by rubbing the elbows with the body leading the breathe do it continuously. In a mean while you will get perspiration from your forehead like rain and your chest and arms will be spread like a balloon. After short break do it again.

22. Weight Press: To make the hands stout it is also a useful exercise of shoulders, chest, and necks are strengthened by weight press. It makes the grip stout. It is more useful after the exercise for the same catch the rod by downward grips at a distant of one feet. Aparting the both legs parallel put the rod in front of chest and filling breathe without any movement lifting the weight upward by means of hands upward keep the head up and carry the weight down in front of chest again. Do it again and again by this procedure. Increase the weight day by day. In few days you will find your arms differ from present.

23. Weight Press: It is more hard exercise than the above but it is a useful exercise for building of arms. Filling weight in the rod holding it by the hands at proper distance make the hands



Fig.: 147 Bench Press

straight upon the head and return the hands grip near upon the head and stopping again stopping breathing straighten the hands and return. Keep this exercise doing continue likewise until you tired. From this mostly arms chest and neck are tortured so it makes these portion stout.



Fig.: 148 *Weight Press*

24. Shoulder Press: It is also a good exercise which resembles with the above having equivalent qualities, it makes the back part of arms also. For the same catching the rod in opposite grip in a nearly, position, lift the weight by straightening the hands upward on the back of the shoulders. To do such like that you have to bend elbows, straight the hands again from the elbows bend again and straight again. Your hands will get tired in few minutes.

25. Weight band: It is also a useful exercise to strengthen the arms specially. It develops the inner part of the arms. Keeping the palms upward catch the heavy rod by closing the both hand grips nearer, stand in a straight way. Now taking your elbows in the stomach and bending the hands from elbows cling the weight rod with the chest. Again taking the weight slowly, straight the both hands and lift the weight upward likewise. In the meantime you will find your arms spreaded and a strange spirit in the chest.

26. Opposite weight band: It is a different kind of exercise from which grip and wrist are strengthened. For the same putting the weight catch it with the closing grips is a downward direction and get up and like wise clinging the rod with the chest by means of twisting the hands by elbows and return it back. The grips are kept opposite other than above exercise. So action is changed automatically.

27. Weight lifting: It is the whole body tiering exercise which strengthens the wrist, arms, hands chest, shoulders, waist etc. For the same putting the weight accordingly in the rod catch the downward hand grips taking the legs distance a bit. Bending the knee a bit carry the weight in front of the chest with a jerk and straighten the hands above without any break. Bending forward carry the weight downward by surpassing it with the chest and chest and do this action again and again. In the meanwhile you will be sweated bitterly and waist would be tired. Taking a bit rest continue it again from that you will gain a lot.

28. Peacock walk: Walking on the hands only is called the reverse walk or morchal. One can learn it after a long time practice. It is a patent exercise to strengthen the hand, as well as the neck. It increases the of the face and makes shining the blood flow towards the mind.

As it has been mentioned above reverse walk done by practice. Put the both palm son the ground taking the fingers forward at a distance of almost one feet. Throwing the feet upward, in the sky taking the head downward. Now walk on hands like the legs. Bending the legs down towards the head or straightening the legs up in folding position, walk on behalf of hands one by one continuously. In the mean time both the hands shall be tired. After short break begin this action again.



Fig.: 149 *Dog walk on fours*

29. Dog walk: Though it is light exercise yet it is a useful activity for the wrestlers from which agility and sweet weariness in body is produced. The wrestlers who take such exercises are only able to be success in applying most of the wrestling techniques. Dog walk is much easy from any exercise. Walk like a dog on the fours many



Fig.: 150 Moving stick

hands and legs putting them on the floor or earth one by one run also fast likewise. You will see that you are tired within five minute and whole the body shall be actionless due to heavy exertion. One will get sweating by taking this exercise continuously and becomes smart very soon. But it is more useful after wrestling practice.

30. Frog Walk: Tortoise walk is also a useful exercise for the wrestlers in connection with agility and smartness. For the same putting your both paws of legs parallel put your both hands palms in between the legs bending the trunk forward. Now go forward jumping like a frog on the basis of both legs as well as hands, carry on jumping in the fast rhythm. If you take this exercise after wrestling practice you will be completely tired and wet due to sweating.

31. One legged walk: Though it is simple exercise yet it is very useful to strengthen the legs and producing smartness to the wrestlers. From the constant practice of this exercise calves become stout create agility in the body whereas during the fight one can not all down standing on even one leg. For the same exercise this is the procedure that bending one leg from the knee towards the back folding it with the hip, catch it by your hand from the ankle folding it with your hip and begin jumping on the behalf of other standing leg by putting the paw only and carry on jumping. Change the leg when that leg is tired likewise

keep changing the legs alternately until you are fully tired. It is also useful after the wrestling practice from which one falls down due to exertion.

32. Race : Race also is a complete exercise which is a essential for all sportsmen and health lovers. It develops stamina and agility in the body whereas strengthen the legs. Every wrestler should run according to their power. The wrestler who is habitual of running never be sit under his opponent.

Take sweet race morning as well as in the evening in the peaceful atmosphere, keep control breathing. There is the combination of running and situps from which no body can pick that wrestlers leg like the powerful 'Angad'.

33. Weighting race: Running with weight is the exercise of a wrestler. The wrestlers who run with weight never can be sit underneath their opponent. If some time fall down they are able to run with the opponent on back for the weight race. Let a wrestlers of your equivalent weight sit on your back as a rider sits on the horses back taking legs both sides. Cling him by your body allowing to catch him both of your shoulders. Catch both of his thighs with your hands taking as backward so that he may not slip down. Adjusting him likewise keep running slowly until sweating

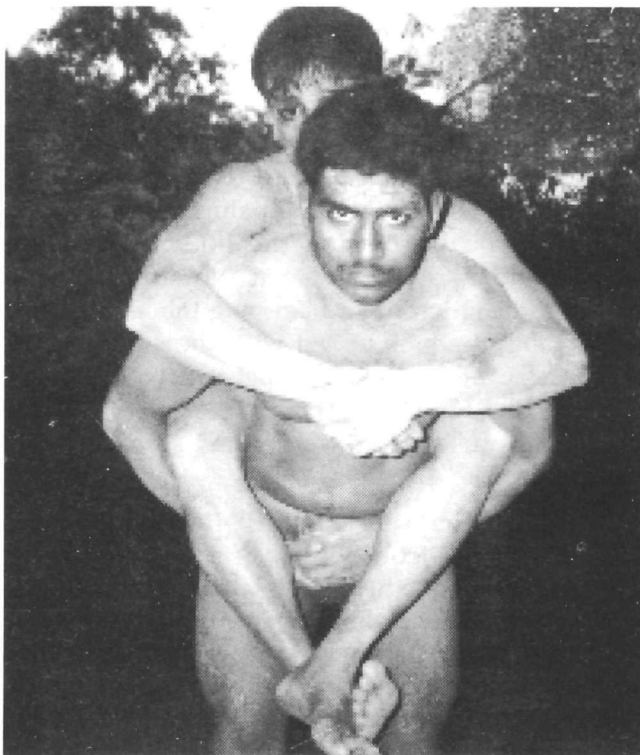


Fig.: 151 Weighting race

Similarly you can run with a heavy bag or other kind of weight putting upon your back. Running after practice makes the legs very stout.



Fig.: 152 Weighting race

34. Running in sand: Running in the rivers, desert of sand is equivalent to run in the mud. Because as runners legs are plunged into the mud likewise the legs of sand runners go into the earth. So it is very hard exercise. Therefore the legs of a one or two kilometre daily runner become such like steel. Stamina increases much. So this natural exercise is very much appreciable. One should run daily into the sand after wearing shoes so that the legs will come up after plunging and the body will be wet by sweating in the meantime such wrestlers are do not get tired by legs during the fight.

35. Climbing on Hill: Climbing on the mountain is also a important exercise for the wrestlers. It makes the thighs and waist stout and the wrestler can not tire during the fight. In other exercise one may feels lazyness or bored but climbing is a hobby also side by side. The European wrestlers take the exercise of climbing on the mountain if the mountains are not available to climb for every wrestler. They should climb on some other kind of the height. To climb on the height make the body quite tireful.

36. Climbing stairs: To climb and get down on stairs is also a good exercise from which the legs become stout as well as agile. It is much useful

to climb on a high house or in a bawri. For the same a pair man may be fixed behind from which one can make the speed fast of the same. By fast speed of thak-thak sound a greater wrestler also surrenders himself. Body trembles by tiredness and one get swetted.

37. Bucket pulling: To pull heavy bucket from the well or tank by the rope is also a very good exercise of hands. From the same arms and the waist are strengthened. But it is essential that the rope should not be thin.

38. Swimming : Swimming is very good exercise for the wrestlers. To swim in a river one km. is not less than running 10 kms. The every part of the body is tired from swimming. It strengthens the hands, legs and develops the stamina. The surplus weight or fat is reduced. If a wrestlers desires change in his weight category he should take this to reduce his weight. The excess fat is reduced by swimming and it develops the appetite. The body of the wrestler can be well washed in the deep water and the surplus heat is avoided whereas these idols of the wrestlers looks handsome in the water. Therefore every wrestler should take the exercise of swimming in water.

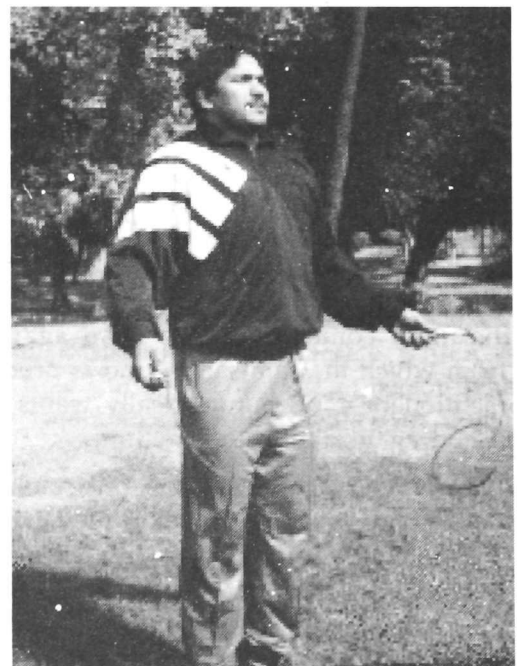


Fig.: 153 Skipping

39. Sailing: You can see a sea boatman then you will find his arms and shoulders stout which is the result of sailing only. There are so many exercises to do but one should take the exercise

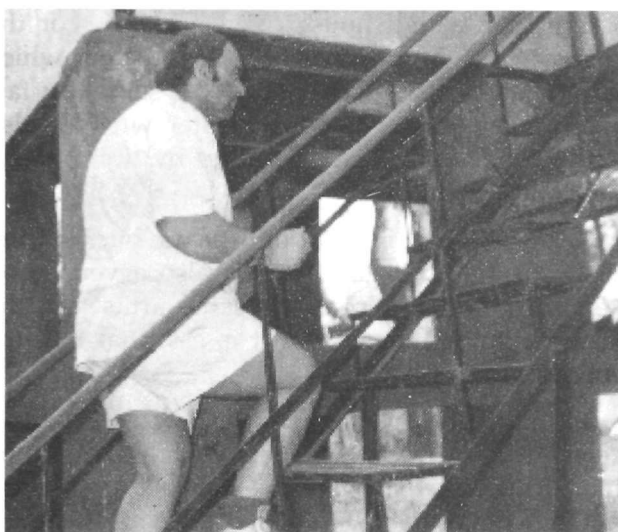


Fig.: 154 Climbing stairs

of sailing also. It is possible from which sweat comes out soon even in winter season.

During the sailing catching chappu from both hands full power is used to cut the water from that arms shoulders, arms waist etc. every part become stout and the grip becomes tight.

40. Skipping : Jumping upon the rope or skipping is the same thing. It is useful exercise for the mini, juniors, as well as seniors from which agility is produced.

If skipping is done after the exercise the body is tired fully and sweat is fied. During weariness doing this body knows it is a ready-made rope of 5-6 feet. Catching in both hands taking it from backside from head towards crossing the legs in front it is surpassed again on the head and it becomes a circle of the rope when it goes back after the jump comes upon the head again and again from which the sain-sain sound is produced. The practitioners mind automatically wants to do it again and again due to the rhythm.

41. Crossing bench: It is a useful exercise for warming up and sweating. It makes the body gile and automatically mind of doing exercise is developed.

For this exercise put a bench in the open ground and folding both the legs cross the bench by the jump. Folding the legs keep jumping on ground or floor and taking direction towards the bench again and again cross the bench. Means during the jumps keep legs folding. To do like this whole of your body will be tired completely

and sweating from the body. Therefore the wrestlers should compulsorily take this exercise.

42. Jumping: Jumping is very light and active exercise. It creates the smartness in the body and one gets sweating very soon. It develops the movement of legs and waist.

For the same fold your both legs together and put both of your hands on the side by side of waist. Jump at least 1/2 feet continuously almost 5 minutes. You will see that your body has tired in less time and it is difficult to fulfil a bit time.

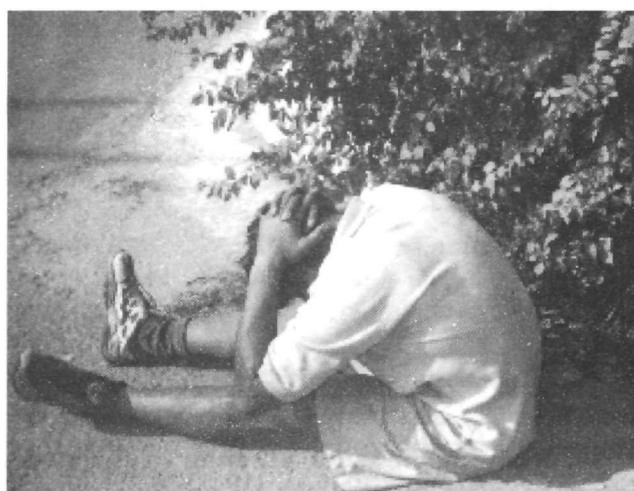


Fig.: 155 Sit ups

43. Lathi exercise: Lathi or stick moving is an art as well as it is an exercise also. From its practice body become agile and after tiring the whole body and even in winter one gets sweating. Whereas it is so interesting activity from which no one can be bored and interest increases. For the same taking a lathi according to your height you can practise for right and reverse activity. In few days you can learn moving lathi after standing on the single place which is very simple. These are very easy activities to move lathi in the side ways left and right reverse and front position and after wrestling practice one should take an exercise of lathi.

44. Sit-ups: The waist and strengthen the complete body there is no exercise other than this interesting exercise. In this practitioner as well as the spectator enjoys very much. No apparatus is required for this exercise. Do likewise that lie flat on the floor or earth. Now taking both your hands palms under your neck joining the fingers together make your self ready to sit down for the sit up on the basis of hips. Let the other person sit upon the legs to support. Now filling up the breathe in



Fig.: 156 High push ups

the lungs touch the knees with your forehead by sitting again and again as well as lying down in return. Now it will become a rhythm and in the meanwhile the waist will be pained by tiredness and body would be sweated.

45. Arms pull: It is a patent exercise to strengthen the arms creating energy through out the body. It spreads the chest as well as neck also.

For the same hung on a bent branch of tree or a horizontal bar putting both your hand on it at

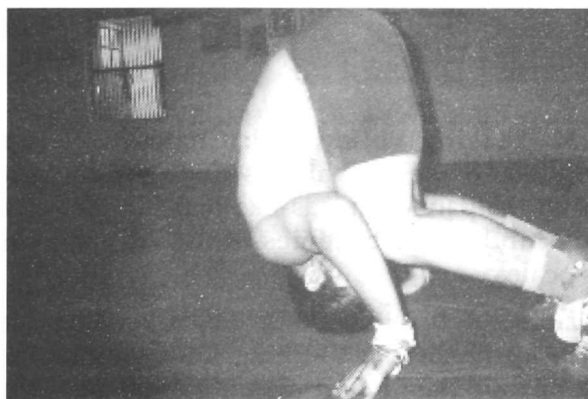


Fig.: 157 Reverse rolling

a distance of one or two feet as the grip must be contrary to your mouth. Now raising your body upward by the help of bending your hands touch the bar or the branch with your chin. Do it again and again unless you are tired and sweating. It is called chinning also.

46. Reverse rolling: It is a light and interesting exercise to create smartness and agility in the body. It is practised on mat or soil. For the same sit down in the referees position by putting down both your Knees and palms. Now putting whole of the weight on the hands and lifting your body from back ward roll forward with a jerk pulling the head towards the chest so that your head may not touch ground other than the shoulders. Likewise when you will roll yourself on the basis of hands and shoulders and again you will reach in the sitting position.



Fig.: 158 Arms pulling

47. Side rolling: Side rolling is a exercise as well as wrestling hold practice which is used every time during the fight. The person who don't know this type of side rolling can not able to apply side swing or leg able to apply side swing. Therefore it is practised by the little children in the arenas.

For the same one can practise on the mat or soft soil. When you have apply side rolling towards left keep stand, putting the right hand bending down, cling your left hand to the body with bend, fall vertically in left side ways and come in the sitting position. Do it again likewise towards right side and alternately carry on the same. In the meantime you will be sweated and in few days you would be able to apply the legs and side holds easily.

48. Wrestlers pillar: Mall Khambh or wrestlers pillar is a south Indian exercise. In Maharashtra State arenas stands a pole of wood on which every wrestler takes exercise reverse and straight. It is a good apparatus to create agility and strength. One gets perspiration soon whereas it is a interesting exercise.

In this standing beside the wrestler pillar taking an upside hands grip or on the pillar fixing a scissor of hands of legs up and down likewise reach up to its peak and likely come down with same activity. So if some one takes an exercise of pillars throws which are helpful in wrestling fights.

49. Body lift : Mostly in Haryana and Rajasthan States of India, the children play a minor game by making the pairs which is known as "Dhikka" (Body lift). Such as two boys stand opposite to each other touching their back one person hooks the another hands from the arms above the elbows and both makes a tight grip of their hands each other. The former bend down forward taking later on his hips bending from knees and automatically the other lifts himself on his back taking his legs above high in the sky. He enjoys the ride then the downward child asks "What is upon me"?

The upper answers "Dhikka." He again direct from downward come down dhikka now it will ride you. Then the upper gets down by putting his feet on earth and likewise the other rides him. The aforesaid slogan is revised and the action is

changed. It becomes a such rhythm that the practitioner as well as the spectator both enjoys this activity.

Therefore this body lift (Dhikka) is an excellent exercise to pour agility and to tire the body. Due to the great interest one doesn't feel tired and body is sweated. So it is useful exercise for the mini and junior wrestler. In this exercise one can throw the other in his front by hips jerk in a reverse position.



Fig.: 160 Body lift

50. Chinning : It is the first exercise of hands which is done on horizontal bar all the parts of hands like arms fore arms, wrist and chest become stout which avoids dislocations.

Hold the bar from both hands keeping parallel and reach upto the bar by touching the chin again and again. Your hands and shoulders will be tired soon and likewise do it again after the short breaks.

51. Playing volley ball: Changing it is the ...exercise of helps which is done on horizontal bar all the parts of hands like opposing for assure wrist and chest becomes stout which avoids dislocates.

Hold the bar from both hands keeping ...and reach up to the per touching the chin again and again, four hands and shoulder will besoon and likewise do it again after the short breaks.



Fig.: 159 Chinning

Who is not aware of the favourite game volley ball. Wrestling is much connected to this game. Playing volley ball creates so much power and agility in the body that even a dull is able to fight fast. One gets expert in applying holds mostly in leg tackle. Due to interest one doesn't feel tired during sweating position in volley ball. At the time of laziness even a person comes in a mood of exercise. One have to do these actions in volley ball such as stepping forward in, bending sideways, crossing, jumping, fall down fall or flat to catch the ball from which whole the body is tired. Moreover one feels sweet tiredness. So volley ball playing is very useful for the wrestlers. Need not to mention they should play without rules for purpose of exercise only.

52. Moving Mogri : Mogri is a Indian apparatus of exercise. Moving mogri make the hands, chest & neck stout.

Useful P. T. Exercise for the wrestlers.

1. From the standing position first bending the left leg straightening it the sideways by jerk and keep jumping upon the right leg paw. Likewise jumping upon the left leg paw straightening the right leg sideways similarly do it up to 16 countings.



Fig.: 161 P.T. Exercise

2. Jumping on the paws bending the legs from knees take them upto chests height turn by turn and put the hands paws upon the knees alternately.

3. From the standing position straighten the legs in front of you touching them by the hands in crossways alternately. Likewise do it upto the 16 or double of 8 countings.



Fig.: 162 Moving club (Mogri)

4. Lie the aforesaid calsthenics jumping upon the paws like a ball straightening the left leg in front of the chest and touching the leg fingers from the right hand. Similarly straightening the right leg and touching it by left hand finger and doing it constantly.

5. From the standing position aparting the legs touching the front side ground by straightening the both hands. Then pulling the both hands in return reaching in the standing position take hands back bending forward and looking to the sky and again bending forward to complete the 16 counts.

6. From the standing position aparting both legs parallel and keeping the feet straight bending left side touching the left paw by right hand keeping the head on the knees and putting the other hand upon back in reverse position then taking the hands back jerking body forward looking up in the sky turn to the next side and do it alternately.

7. From the standing position taking both hands sideways in line of the shoulders touching the left side knees by three times bending jerk and fourth time looking forward in front. Doing it to right side similarly. Likewise do it up to 16 countings.

8. To apart the legs in standing position passing the both hands back into the legs in bending position upto three times and fourth time take the hands back with a waist jerk looking high in the sky.

9. From the standing position straightening the left hand to left side and taking the right hand on the waist bending at from the elbow. Taking the hand back two times with jerk looking towards it. Doing it likewise towards right side. After this taking the both hands loose bending downward swinging four times left and right side. Then again do the previous action in standing position.

10. In the continuation of P.T. No making the grip of both hands together circulate the hands from downward to upward the head with the waist jerk likewise taking round towards the other side 4 times similarly to complete the counting of double eight.

11. Standing in the attention position carrying both hands palms upon the chest down in downward position by bending the hands from elbows and spreading the chest forward stretching the hands with two jerks. Now stretching the both hands sideways with a jerk at the third counting and again a hands jerk in the fourth keep the palms straight sideways while doing likewise.



Fig.: 163 P. T. Exercise

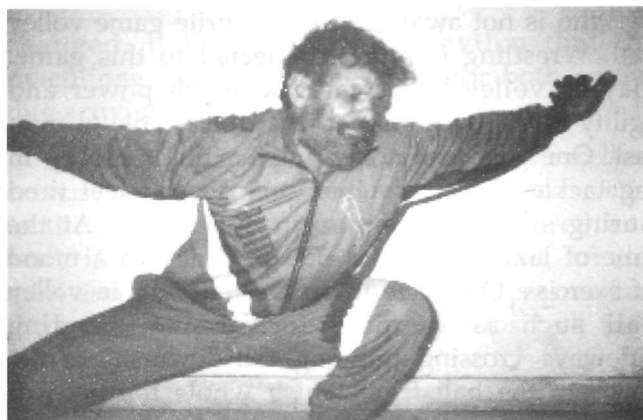


Fig.: 164 P.T. exercise

12. Taking the attention position touching the both hands fingers with the leg paws with a waist jerk by touching the head into the knees and returning to the standing position in the second counting.

13. Aparting both legs at a large distance stretching the hands sideways and complete three sit ups on the left leg keeping the right leg straight and returning again in the standing position in the fourth counting. Similarly complete three sit up upon the right leg and standing up. Doing this P.T. exercise upto above eight counting.

14. In the above position aparting enough both the legs completing a single sit up on left and right leg alternately.

15. Aparting both legs in the standing easy position joining the hands back bending enough three times forward by straightening the legs as well as hands high in the sky and returning again in standing position.

16. Standing in the attention position clinging the right palm with the right ear bending sideways down with the waist jerk stretching the left hand side ways downward below the knee joint upto three countings. Returning to the standing position in the fourth countings. Doing it to the other side and so on upto double 8 countings.

17. Aparting the both legs a bit in the standing position and putting both hands on the sideways using the waist at first take a circle of waist towards left upto four counts and taking round likewise towards right and so on.

18. Aparting both legs in the standing position first jerking the hips towards left. The left knee must be bent and the left hand forward taking right hand backward straightening the right foot Doing it likewise to both sides alternately upto double eight countings.

19. Standing in the attention position bending the neck towards left with jerk and then to right alternately upto double of 8 countings.

20. Standing in the attention position bending the neck up and down with the jerks upto double eight counting.

21. Again from the attention position taking the three rounds of the neck towards the left as well as the right upto the complete countings.

22. Fasten the above P.T. exercise as three fast rounds towards left and right.

23. From the standing position closing the legs parallel clinging the hands with the body bending them from the elbows twisting towards left and right alternately in the fast speed keeping the trunk in the front upto double eight countings.

24. Doing dips upto double eight on the base of hand fingers in a cup shape position.

25. In the dips position carrying the left leg beyond the hands bending it from the knee stretching the right leg looking towards the sky with a jerk. Then carrying the right leg forward taking the left back in the fast speed. Doing it continuously upto double eight countings.

26. The same dip position carrying both legs beyond the hands bending them from the knees



Fig.: 165 P.T. Exercise in standing position



Fig.: 166 P.T. Exercise

standing up on the paws with a jerk and stretching the both legs back with a jerk downing the waist looking high in the sky upto double eight countings.

27. Doing half sit ups on the basis of legs paws.

28. To open and close the palm grip after straightening the hands forward in the standing position.

P. T. Exercises of waist in standing position.

1. Aparting the legs in the standing position bending the waist sideways cross the hands beyond the knees and again bending likewise towards another side and crossing the hands. Similarly doing it continuously upto double eight counting.

2. Aparting the legs in the standing position touching the left paw by bending down raising the left hand up on 45 degrees and eyes to the same side. Similarly touching the right feet by left hand and doing it turn by turn in double eight counting.

3. Stand straight way aparting the both legs and again touching the leg paws with both hands by bending downward return again in the standing position.

4. Stand up aparting the both legs touch the ground beside the left leg by bending down and again bending down toward right touch the right hand on the ground.

5. Stand aparting the legs a bit and keep the both hands on the head now bending three times forward through jerk and stand up again. Likewise do it upto double 8 countings.



Fig.: 167 2-P.T. exercise in lying position

6. Likewise keeping the hands on the head bending sideways complete three jerks to the left and stand up in the fourth jerk. Again do likewise to the right side upto double eight counting on the standing position.

7. Keep your both hands on the waist in standing position. Now bend once towards left and once towards right. Likewise do it upto double eight countings.

8. Stand up in the attention position. Take your left leg forward in a straight and try to touch the knees by your forehead as well as the paws by hands. Returning again in the attention position do likewise by taking the right leg forward and do it up to double eight counting continuously.

9. Standing in the attention position bending own left leg and catching to holding it by both hands carry it upon the chest and touching it with

the mouth leave it down and return to the same standing position. Gain at the same movement hold the right leg and do the action similarly.

Waist exercises in lying position

1. Sit down on the hips by stretching the legs forward. Now by the counting of one touch the legs paws by hands as well as knees by the forehead and on the second counting return backward by putting the hands on both side. Do it likewise in double eight countings.

2. Sit down on the hips like aforesaid exercise and aparting the legs a bit touch your forehead upon the left knee on the first counting and keep the left hand in sideways by touching the left leg paw with right hand. On the second counting changing the position keep the right hand sideways by touching the right leg paw by left hand forehead on knee. Do it upto double eight countings.

3. Lie down flat and keep stretch the hands straight to the back on the counting of one. Coming up in the sitting position touch the leg paws by both hands and try to touch the forehead on knees whereas return to the previous flat position likewise complete the 16 countings.

4. Lying flat holding the left fold leg carry it on the chest and touching it by the mouth or forehead stretch it again. Likewise touch the another leg and stretch.

5. Lying down flat as above folding the both legs and holding in both hands carry upon the chest, touching by the mouth or forehead stretch the legs back and again return to the previous lying position. Do it again and again likewise upto double eight countings.



Fig.: 168 P.T. exercise in standing position



Fig.: 169 P.T. exercise in lying position

6. Lying down flat fold you both legs in standing position touching the heels with hips and make the legs straight forward again in lying position second count. Do it up double eight countings.

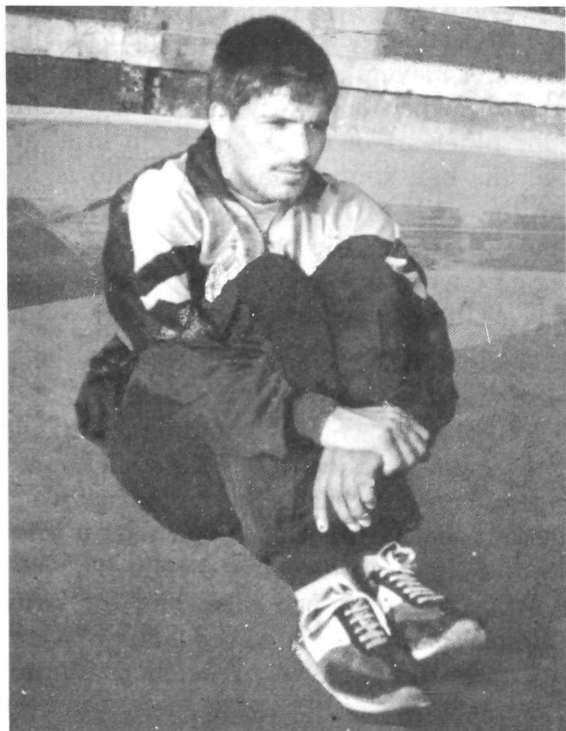


Fig.: 170 Exercise lying & folding

7. Sit down on the hips by stretching the legs forward keep the hands in both the side keep your right leg forward and fold your leg touching the heel with the hips for the position of the exercises. At the first counting lifting the hips with a jerk and jump stretch the left leg and fold the right leg touching the heel with hips automatically. Do the reverse on the second counting. Do it alternately up to double eight countings.

8. Sit down on the hips stretching the legs keeping the both hands on both sides. On the first counting fold both legs with a jerk and jump on the base of hands and stretch out the legs stretch at the second counting. Do it upto double eight countings alternately.

9. Lie down flat. Folding both hands carrying on the chest. Now moving them three times in a cross way carry them sideways, strengthening the fourth counting and do it upto double eight countings.

10. Lying down at striking them sideways upto three time fold the hand in crossway movement as and do it likewise upto double eight countings.

Recreational games for the wrestlers

1. Coack Fighting : (Murga Larue) All the wrestlers stand in a circle by bending own one leg and catching its ankle by same side hand based upon a single leg. From blowing of the whistle the struggle of pushing each other begins on one leg wrestlers pushed out of the circle leaving the ankle or falling down is considered as the elimination of the wrestler. This struggleful game lasts up to the time when only two wrestlers remain in the circle. Then the fight between two decides the kings and the minister. Due to using much more force in this game the wrestlers get much sweating as it is very interesting too.

2. Ghora Kabaddi: Ghora Kabaddi is a useful game for the wrestlers to develop stamina and recreation. It is much interesting because catching some like in Kabaddi is not allowed in this game. The players are divided into two teams and almost drawing a twenty feet line up to the ends are established. The players stand towards both sides in front of each other. The raiders orders to sit their player in the opponents court almost 15-20 feet at a indicated place in the centre. The sitter is called horse or ghora. Any time during the game if the horse return safe to own court then the opponent team loses one game and if the horse is touched or caught by some one then the horse team is eliminated. The horse team sends their raiders one by one and they lessen the number of their opponents by killing them through touch so that by lessening the number of opponents the horse can return untouched. It is forbidden to catch the raiders but they can run to save themselves. When the horse stands up then it is allowed to touch or catch the *horse*. After the end



Fig.: 171 Coack Fighting

of the game is changed automatically that the raiders become catchers and the catchers become



Fig.: 172 Vish Amrit

the raiders. Likewise the game carried on. It is very smart and interesting game.

3. Vish Amrit: It is also an old interesting exercise. In this game by catching the other leg in the hand bending it from the knee. The programme of pushing one another from the circle begins at the blowing of whistle. The person pushed out of the circle or fallen or the person who releases his leg down is considered as defeated. The struggle of pushing each other lasts upto the two remaining wrestlers in the circle. Moreover the remaining first is known as the king where-as the former is the minister. This game requires much power as result of that the wrestlers are much sweated and the game is interesting-two becomes vish and rest of the 10-15 players becoming as Amrit, play this game and try to make the others vish by touching the amrit players and the Amrit party try to make them Amrit again by touching them. If the vish party touch the Amrit in standing position the person is eliminated from the game but he sits at touching movement the player becomes safe. If all of them become vish within a prescribed time then the sitting party loses the game and during the aforesaid time if the vish is enable to make all the players vish then they bear the game. During the game the standing players try to make the sitting players Amrit by touching and uttering the word Amrit from that the player runs again after standing likewise the game carries on with the voice of vish Amrit echoes which is felt a very interesting activity by the spectators.

4. Who's Delhi: It is very interesting as well as struggling game for the wrestlers. A short circle

is made in which only one wrestler is able to stand which is known as Delhi (Delhi). Now two parties stand around the circle who are different to each other party by some sign. Standing in the opposite direction whose eyes are tied with a handkerchief cloth a person ring-the bell and the game has been started from the sound of the bell such as the players make a struggle to enter the Delhi circle when one party asks who's Delhi is? and the other art of utters "ours" in brief at the end of the bell sound the player who is found within the circle of Delhi is declared winner with his party. During the continuation of the bell struggle between one another carry on as a result of that all the players are sweated.

5. Jhirni Danka: It is also a tireful as well as interesting Indian game. In which one player to one side while the others standing another side start the game by throwing a little stick crossing it under his uplifted leg. The opponent in action of the game fetches that stick and puts it into the circle and then try to catch the thrower of the stick and others to touch them and the struggle of running stands in this way but the players are allowed to run upto a prescribed boundary

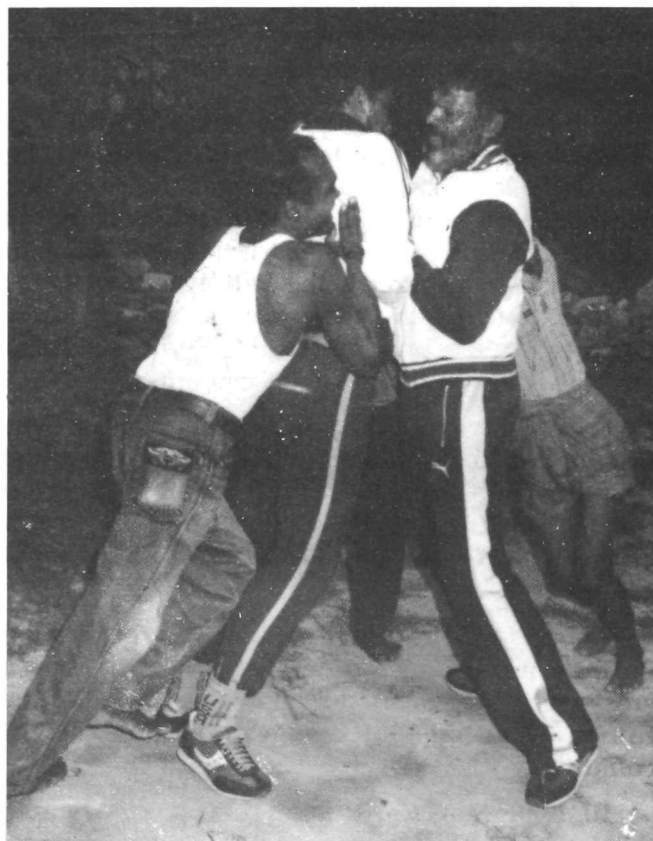


Fig.: 173 Who's Delhi

likewise they can run or climb on the trees. After touching one of them if that player catches that stick and crosses it under his leg the person in question becomes the raider as the former has fulfilled his participation by touching that person. But before the same if some one catches the stick and crosses it under the legs then the game carries on likewise.

6. Mardhari: It is very interesting minor game for children while it is very useful and struggling for the juniors and seniors too. All the players are scattered and one player catches the punny ball and he shoots towards any body in the crowd so hue and cry arises with running movement to save themselves. Every one tries to snatch the little ball and the person is beaten with the shot of ball who is nearer. This game carried on likewise so it is called mordhari means beating game.

7. Horse riding: It is also a fast minor game of running which is very useful for the wrestlers in which one person becomes a horse and other rider. The rest of the players stand around him nearby. The rider takes a little ball shoots the ball down. The ball strikes against the ground comes in his hand in return. Again strikes the ball on floor and catches the ball in his hand again and enjoy.

8. The horse riding : It the ball is caught by some one the person concerned orders him to get down from the back of the horse. Likewise the riders vide the horse accordingly to turn by turn. But due to some reason the ball is not caught by any one after strikes and the ball slips to any side then the horse jumps to catch the ball and makes a shot to any player. The defaulter becomes the horses and the horse becomes the rider and the game is carried on likewise.

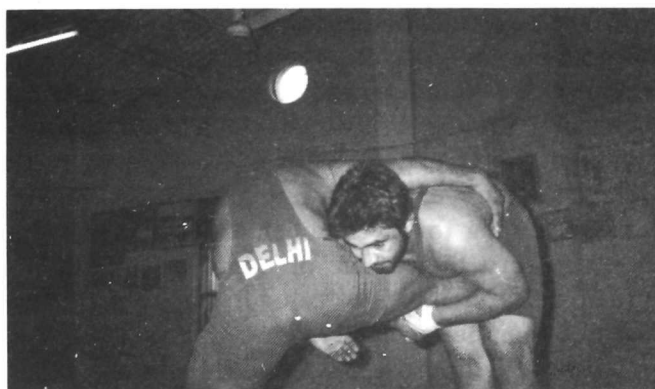


Fig.: 174 Wrist injury

9. Beating Game: It is a beating game or called "Kaji Kora". All the players sit in a circle taking the inside direction. One of the player runs around the players circle taking a "Kora" in his hand which is prepared by rap cloth and puts it suddenly behind any one and completing a circle if he catches the "Kora" then again he is authorised to beat the player concerned by this beating kora and the player runs forward to save himself from the beatings and reaches his place after completing the circle. If the seating player catches the Kora due to his efforts the person concerned is fully authorised to beat the "Koraman" accordingly as he becomes the active player of koraman and continues the game likewise to hide the Kora before any player's back and so on.

10. Kho Kho : This Indian game is known by every Indian which is very interesting yet it is essential to introduce. All the players sit around a circle taking the minor direction. Two players start the game running around them while one catches the other and the person running forward touches any sitting player uttering the words "Kho" while he sits down in his place whereas the sitting player takes his place and becomes active to run and the game's carried on likewise. If the backward active player touches the forward active player then they are changed accordingly as the catcher becomes the runner and the runner becomes the catcher and at once change the direction and run.

11. Closing Eyes Game: This Indian minor game is much more interesting in which a player stands before a wall or a tree taking the front direction towards closing the eyes by both hands palms. In the meanwhile he calls the other players and asks "Whether I come" Then they answer his question and ask him to come and the game starts. If he touches some one or some one is caught and takes his place but the player becomes safe he touches the place of the active player behind the wall or the tree. If he cannot touch any person he again closes his eyes and the game is started again likewise but if he touches some one the former becomes the catcher and the game is carried on likewise.

Injuries

Though a wrestler finds himself safe from the injury during the wrestling practice under the supervision of a coach or an intelligent person yet the injury is possible in wrestling which occurs suddenly at any time which can appear in the

shape of jerk, twist, fracture or dislocation. The old masters of wrestling say this, injury is the make up of a wrestler that he should not be worried from that. The injury removes in the mean time and the wrestler again continues his work and if the wrestler is hurt in the hand he does not avoid the legs exercise, if he is injured by legs he can take the exercise of hands. Fracture is much more dangerous during the injury but it occurs in rare cases. Twisting of parts, body pain etc. can be cured by pluster of "Aminya Haldi" and "Kurand" the Indian medicines. Moreover twisted parts or muscular pains are removed from special rubbing oils or by warming.

Even then if it is not becomes in order that part of body is given rest for some days or take practice after wrapping that part tightly by some cloth. The parts of the body are twisted such as wrists, legs, or paw, ankles, waist and neck. But even the fingers are twisted. The twisting can be removed by action of jerk after wrapping that part by cloth or by rubbing fats, odex etc. But dislocation is more painful injury in wrestling which spoils the wrestlers.

Though every thing has its time limit and after that limitation or prescribed period one should not offer the body for combat likewise there is a limit of body joints which become loose or unable after a time limit. Due to taking more squads and push-ups or taking the exercise of bending joints again and again, or to avoid the diet of joints etc. reasons joints become loose and are dislocated at any time in wrestling. Owing to bend or due to use of a sudden force from which mostly knees, elbows arms etc. are dislocated. When a joint is much forced the bone comes out after breaking the cartilages and crossing the circulation area of the bone. Really it gets out due to little pressure. The cartilage surface is prepared and it spoiled again, the previous surface is all. So the joint may be given rest. Leaving the exercise of bending the joint again and again and upto the complete preparation of cartilages surface one should not believe upon his joint. For the same during the combat or practice knee cap upon the knee and anklet on the elbow may be used. To run the well moving leveller are the best exercise for recovery of knee joint whereas chinning moving dumbbells are useful exercise in case of hand dislocations which fix the joint. Therefore a wrestler should

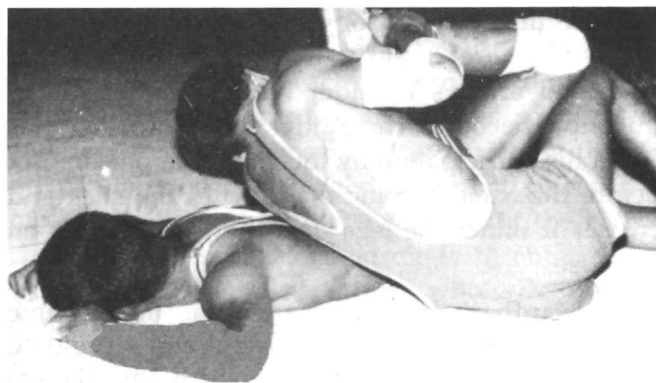


Fig.: 175 Knee injury

not take practice with any heavier wrestlers from beginning to save himself from the injuries. Some first aid and necessary medicines are given as follows for injuries such as Tincher iodean for skin injury, Tincher benjamin for skin hurt in bleeding injury, Potassium permagnet anti germs medicines, Dettol to wash the bleeding injury. Dettol lotion or furacin for deep or burnt injury. Locula can be used for eye pain and too ear pain. Adhesive plaster touching on the cut of injury. Sodamint tablets or Lavan bhasker chooran for digestion and stomach pain. A.P.C. for body pain, sulpha gonadean or Interviya form is meant for disentary. Spirit Amonia Aromatic is required when feeling giddy unwell odex for massage and muscular pain. Moreover knee caps and anklets and the bandages are required to tie up the fingers dislocation as well as the joint dislocation wrist bandages are also essential. There are some important articles of wrestling first aid kit containing bandages, scissors, cotton, dropper, thermometer, measurement glass etc. Moreover some kinds of oils and Indian medicines are required for removal of muscular pain.

Weight control

Weight control is an important chapter in wrestling from where the lessening weight procedure began in wrestling. Weight control means decreasing and increasing weight system started from that time. Some of the wrestlers want to wrestle in their weight category whereas a few jump to the higher category owing to less number of wrestlers in the next category then some of them are willing to run in the under weight category from that they can get the medal easily. Due to the weight a wrestler is fighting in 100 kg., Whereas the other of the same age grows is participating in 48 kg.

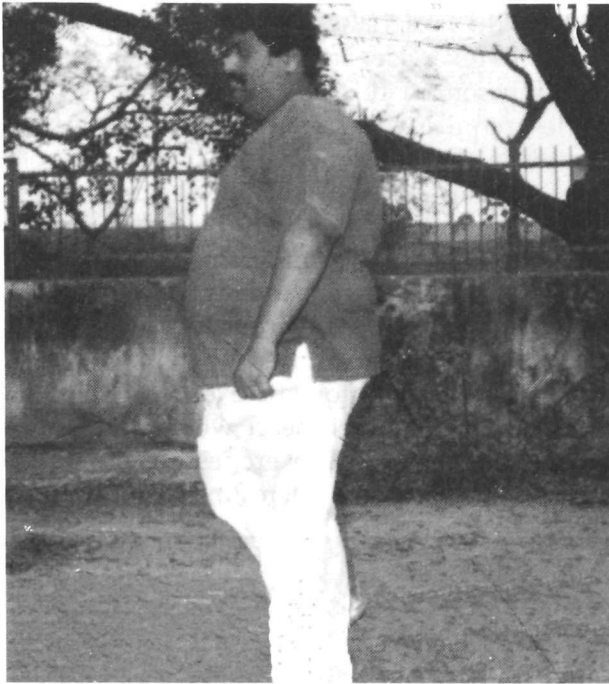


Fig.: 176 *Weight control by walking*

only. So every one has the choice of increasing or decreasing his weight.

But the procedure of increasing or decreasing weight must be started before one or two month at least. Lessening weight is an unnatural process even then weight can be lesser upto 4 or 5 Ibs maximum which is the consent of prominent coaches and doctors. When the body is fatty then the weight can be decreased upto 8 to 10 Ibs and not more then this. Lessening more weight has a bad effect on health and the development of the body is stopped. The children may avoid from reducing weight circle from that their physical development is stopped. Reducing weight process is discouraged by world famous Eastern and Western coaches which is totally harmful for health. If some one has to reduce his weight he must start reducing process before at least one month as it is pointed out before. The weight reducers should not take heavy diet or increasing weight food in a bit quantity or should avoid the heavy diet completely such as milk cream, rabari, malai, curd, pakora, rice, halwa poori, cream, eggs, meat and heavy fruits like papaya, banana, mango etc. which increases the weight use of juice of moasmi on mixture fruits is beneficial for a reducer. He should avoid the fatty diet on the contrary weight gainers should take the heavy diet in enough quantity and must take the aforesaid diet in right quantity for the weight controllers.

Moreover the weight reducers should work hard or should take light sleep during day and night as the weight is increased due to over sleeping. The best procedure to reduce the weight is hard work or race and P.T. Exercises. Fatness and weight can be reduced by sweeping exercise. Moreover this P. T. Exercise of waist are much useful to reduce weight when the wrestling practice is essential. The conclusion is that the fats may be finished by getting sweating and hard work. The weight reducers should take a race of 5 or 6 kilometres daily early in the morning. The much more weight is reduced after wearing tracksuit, blanket and other woollen clothings. People generally do such like that in the summer season but they should adopt the same procedure in winter season too. Moreover the weight reducing artificial procedures are such as or steam-bath or to warm the body by fire from which one gets much more sweating from the body and weight automatically goes down. But these artificial procedures are artificial not natural these process are harmful for health some of the wrestlers reduce their weight by hunger and starvation and getting perspiration from long race they cover themselves by blankets after the race and reduce weight by vomitting, spitting getting and deficating and urine time or through disentry system, who can not be able to maintain their fight during the competition due to over exertion or if they take the diet enough for removal of exertion then the weight increases automatically next day.

Thus the reducing weight by planning is the best method. It is immaterial that weight can be reduced up to or 2 Ibs. minimum and 4 to 5 Ibs. maximum which is natural. Weight can be reduced up 2 Ibs. on the same day by race vomitting and



Fig.: 177 *Weight control by race & P.T. exercises*

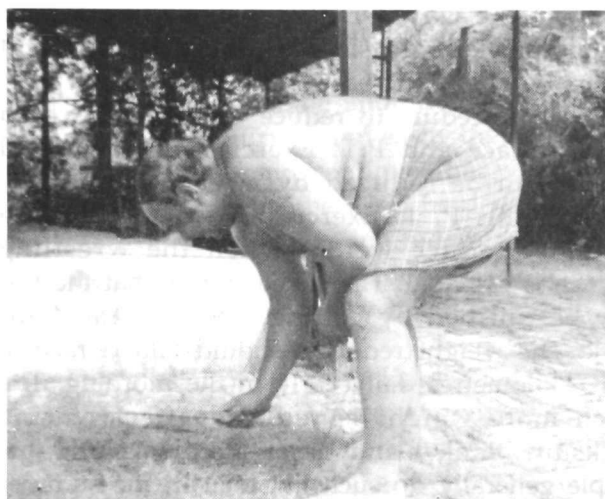


Fig.: 178 *Swipping is best exercise to reduce weight*

disentry etc. and it can be decreased in the said quantity by over eating like drinking milk curd, juice or by eating heavy fruits like bananas etc. on the same day but it is not appropriate more than this.

Then the weight reducers should take light dinner or avoid the same or use juice only on that day so that they may be able to give right weight for next day. The conclusion is that a wrestler, should use the scientific or artificial methods to reduce his weight without any harm to the health. Generally it has been observed that weight reducers fall ill. The more weight reducers loose their confidence of fighting. The wrestler comes to an end by two discouraging points, firstly by defeat of the bout feeling and secondly by reducing weight weakness. Therefore the wrestlers take care of the same.

Warming up

It is essential to warm up the body before beginning any sport. Likewise in wrestling

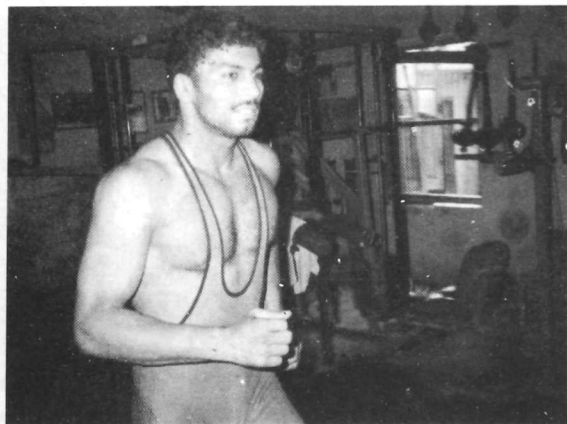


Fig.: 179 *Warming up*

warming up is necessary before the competition practice or exercise. In other words to heat the body is essential because the cold and a sleep muscles requires heat from which they become active soon. As a result of that on the one hand mind is being concentrated on the forthcoming programme whereas the body becomes warm for the same. Without warming up when the body and mind are lazy there is a danger of hurt, injury, muscular and other dangerous diseases. For the warming up light exercises or actions may be adopted which are automatic exercises. The heavy exercises over loads the heart which creates heart diseases. Race and P. T. exercises are the best for warming up which are interesting also. Moreover,



Fig.: 180 *Warming up*

the body can be warmed up by the works taking as exercise like sweeping, cycling, washing clothes or the spade work or any other interesting work which can be adopted by the arena wrestlers or households. If we take any work as an exercise on one hand we get warm up, on the other hand our work is fulfilled from which are can not be bored, Regularity also is increased due to new interesting works daily. Generally in Indian soil arenas wrestlers to warm up their body by digging the sand but it is impossible to warm up the body likewise for a wrestling competition for which race and P.T. exercises are best. In the past it has been



Fig.: 181 Warming up

considered that a wrestler should reach on the arena after completely sweating by warm up because European countries wrestlers do such like that. But now a days so many methods are in action and wrestlers warm up their body muscles lightly by light exercises or to awake the muscles only.

Sweating warming up idea had vanished. It is immaterial to flow few drops of prospiration by forehead. Because it is not good to destroy powerful energy in warming up. From that one is unable to take practice or exercise completely. For a competition practice of exercise massage of oil is helpful in immediate warming up which is useful also to avoid the lazness and weariness of the muscles. Thus massage is not essential only for the wrestlers but all the sportsmen, women or health interested persons must take in massage which is beneficial for good health. A work taking like exercise or warming up after massage. Then



Fig.: 182 Fatness (Gent)

that work becomes ultimately like a exercise. It is the real fact that Aryavart Vyayamshala Yamuna built through warming up only. A wrestler should not begin any powerful work, competition practice or exercise without warming up.

How to reduce fatness ?

Is there any person who is not aware of fatness. Fat's obesity or over weight are same. After stopping the development of muscles a while surface of cotton increases upon the muscles from which one feels over weight in body that is fatness.

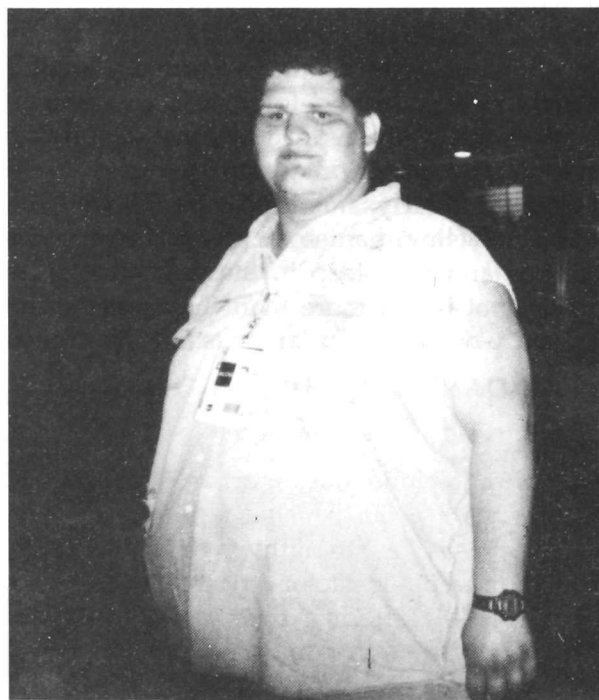


Fig.: 183 Fatness (Lady)

Fatness has become the world problem. The children youngsters, old, every one becoming fat unnecessarily means such people have a little flesh on the body other than the fats and every one is wandering in uncontrolled breathing with the gathering of fats. Every where fat, Fatty, heavy belly shape are visible. Fat skin, fat cheeks, double chin, fat nose fatty wrist, heavy belly are the symbols of fatness. Tiredness in hands and feet, laziness pain in body, heaviness in body, ugly face weakness are the symbols of fatness. In other words a fat man is a aplent to fall in a single push. Fatness is the main cause of heart attack. Fat wrestler is known by his nick names of Thulthul, Dabba, Peepa, Mitti, Motu etc. Looking such fat people every one laugh automatically which is

natural too. Fatness is death or the messenger of death. The cause of fatness is to save himself from work, empty mind and over-eating.

The doctors have treatment of fatness. The people continuing the list to eat this and not to eat this and that which is nothing more than a notion. It is no real treatment but. To reduce fatness one should work in place of the servants. But you will see they are always fixed at their seat like a bag and do not serve physically. They cannot be able to reduce their fatness though they had lacs of treatments of fatness. They willingly eat whatever they like and award a sound sleep and less chances are there for their illness. If you are willing to reduce fatness change your habits slowly and steadily and forget not to washing the clothes himself, to sweep after massage, walking on foot, morning walk, morning and evening exercises regularly, not to use hawker for lifting bedding, cycling, games or physical and training exercises and not sleep in the day time. In brief one can not be fat more than the capacity due to physical work and regular wrestling.

HOLD (DANV PENCH)

What is Hold or Technique ?

Hold or Technique is an art as well as scientific leverage action from which a light wrestler is able to fall a heavy or strengthly wrestler. No doubts strength is reliable factor in wrestling but if we minus the holds from it then it will not be more than a fight of animals so there is deep combination of power and the hold.

The holds of wrestling are based upon science from which an opponent can be fallen easily. If you want to lift a heavy box directly you will not be able to lift it or it will be lifted a bit. But entering an iron rod inside it putting a stone underedge the rod nearby it pushing the rod downward from the liverage system you will be able to lift it up easily. It is lever system or lever principle which is divided into three parts such as power in the beginning, fulcrum in the centre and weight in the end. If there is no liverage in a hold that is not a hold. The less strength too becomes the more throw lever system.

If you ask some person about some hold of wrestling if he know he will reply in 'Yes' but if you ask the details or application of that hold he will not be able to explain or apply. So knowing



Fig.: 184 *What is a hold?*

a hold is to know the details of the hold. Every hold contains at least 10 points and without knowing all of the zarifs the hold is incomplete. To learn a hold or have to know each and every action separately in numbers in the right shape in which all the physical actions are directed in right conditions are given forward in the book.

Until you do not apply for 10 actions and if you forget one or two actions out of it the whole hold ends in a smoke. Being a wrestling coach you can not be able to complete procedure of hold of hold as a result of that your wrestler always will keep applying the hold in wrong way which will prove a curse for you. You are a coach or a trainee you must learn and apply a hod in a correct way. It is the appreciation of this book that each and every action or zarif of the hold is

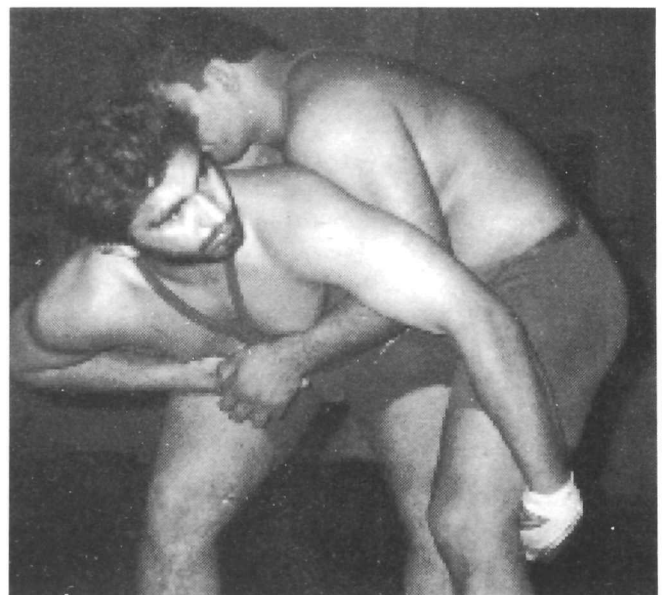


Fig.: 185 *What is a hold?*

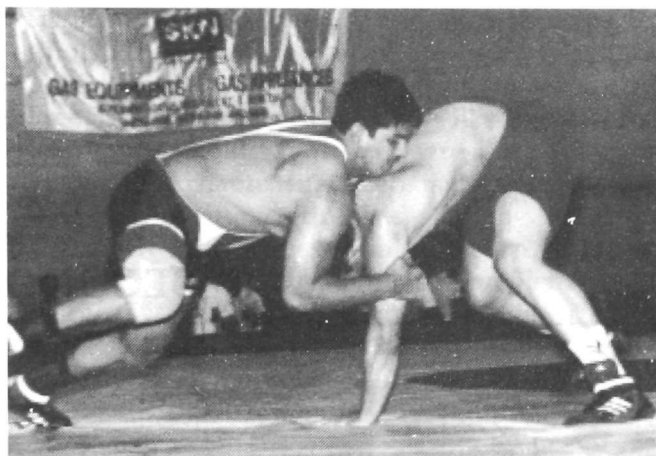


Fig.: 186 Junior wrestler (India) applying pulling hold upon Iranian

explained with details in simple English language through illustrations. Moreover the hold again firmed in brief details of each actions separately which is not given in any other book.

Some people boycott a hold due to jealousy that how such hold is possible to be applied. But it is not like this. Every technique or hold is possible to be applied by practice. No doubt each counter is made for each hold but when a hold is practised it will surely be applied. To make a hold patent its practice is essential and it is necessary to practice or hold at least 1000 times.

During the morning session the wrestlers should practice wrestling and must do the holds practice after the same or in the evening. If the practice of the holds goes in the presence of the coach it will be better because he will correct the actions of the holds practically. Many pairs are possible to practice on the mat at a time for that a wrestler applies a hold the opponent should not stop the development of the hold using less strength. It is true that one can not be able to apply a hold using less strength. It is true that one cannot able to apply a hold even on a child if he ignores it. So it is a understanding that practising the hold again and again the hold becomes patent or own hold which can be applied easily during the wrestling practice and competition. During the fight when a such position

of a hold is firmed the hold is automatically applied and the body part naturally goes in the same direction this is to be the patent hold. Often it has been seen that every body aware of those he may be able to apply. It is theme that practised hold are always been applied.

So it is essential that a child must be given practice of the holds from beginning avoiding faulty actions. Because if habit of wrong actions practised can not be avoided and thus he repeats it upto the adult age. Likewise right holds and right actions practised results in well and his hand and feet actions move in right direction during young age.

If there is no other mate wrestler than one can practise for a hold on a dummy which is never tired and can practise up one it in any season or any time upon own will. In hot climate country like India where wrestlers take less practice of wrestling in summer season or they totally ignore, wrestlers must heed on holds practice. It is quite obvious that we should take daily wrestling practice in the morning as it is aforesaid.

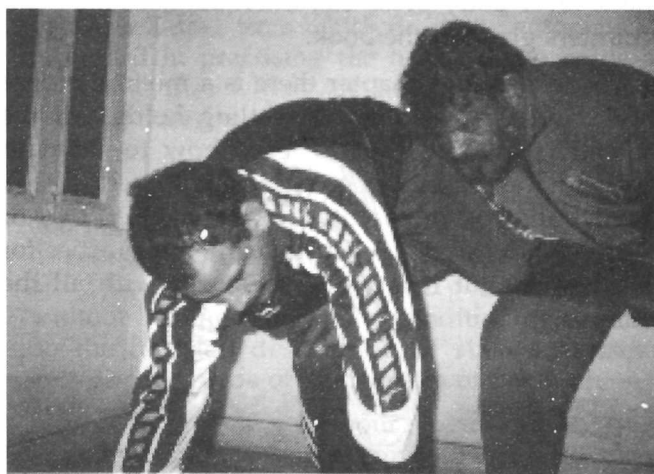


Fig.: 187 Knee top hold

The main subject of this book is holds which begins from the chapter second and total 1000 International holds are given in this book. Learning the same even lay people can be the master of wrestling.

International standard stances, standing and grips and take downs holds and the counters conditioning exercises for applications of holds and the counters.

Ideal square and Hanuman stances as well as various type of other stances, many type of standing and sitting grips, leg tackles, arm drags, underarm, sweeps, shoulder pulls, fingers, wrist locks, drives, leg picks, ankle picks, head drags. Arm drags ankle holds, wrist grip standing switch, short switches, ankle pick, head drags, short lifts, Saltos, Turning neck lever body press etc. International holds and counters given in the book.

In this second chapter there is a mixture of free style and Greco-Roman Wrestling holds. All the wrestlers at first have to learn how to stand in wrestling and they are given positions in this book which all are not essential to learn. Only two or three stances are sufficient to learn and practice for a wrestler. But it is better to aware with all the stances.

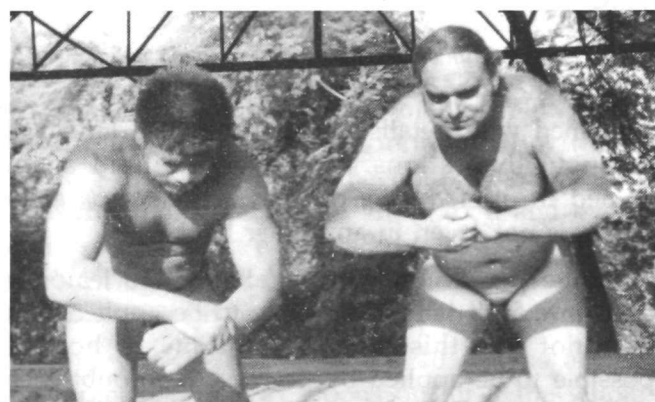


Fig.: 189 How to hold the opponent from behind & fingers lock wrist lock

It is not so then these are very essential for the coaches to learn. Likewise it is like this in connection with the other holds. There is no need of all holds. A wrestler should be confident upon a few holds to apply.

Therefore the children and the growing up boys should not fear to see this book thinking likewise this that how we shall be able to learn so many holds and feeling like that this is very tough subject as one get rid of this wrestling. So it is not the least choice. Some important holds for practice. Some sitting grips are given after the stances so it is essential to learn two or three sitting grips because that is the method of sitting downward and grasping from upside in sitting position. This is something immaterial that in mat wrestling the underneath wrestler never keep sitting is the best. The upward wrestler may not apply the hold. So at once they cling flat on the mat moreover this one must know the method of sitting underneath on the mat and grasping method above the underneath wrestler. After learning this one should learn compulsorily these holds:—Leg tackle, arm drag, under arm sweep, shoulder pull, lock grips, drives, single leg tackle ankle tackle, back spin, standing and sitting, switches, pull, neck snaps, saltos and their counters



Fig.: 188 One of the underneath position defending from the hold

etc. in which more over, Arm drag neck snaps, lock grips, saltos etc. The rest of the holds are of Free Style Wrestling where is the aforesaid holds are of Free Style Wrestling. If it is such like that one must learn those holds at first in wrestling which are given in the chapter first. Here is its reply that more over stance, sitting grips and standing grips other holds are not so essential to learn because a beginner feels the wrestling as a problem because his goal is to fall opponent so he must be learnt cross buttock and firemans curry directly so that he may not bear the unnecessary weight of falling he opponent down opening and pinning him. It is most easy to fall opponent directly by use of cross buttock, firemans curry, flying mare, neck drag leg grip and salto.

So I teach the boys the pinning holds in the beginning because if you have to face a heavy or a artist wrestler who avoid the application of the hold then these holds are used because these holds are essential for falling down purpose. Whereas all the books likewise describes about the take downs so one should be aware of this. So the children should be avoided from the problem create holds or the holds harmful to the neck or spinal cord. So the children must be awarded of sitting grips, pinning the downward wrestler, escapes, pinning holds to the upward from face to face position and the holds scorer maximum points.

They need not indulge more in this connection. To practice the holds it is essential to maintain the power in the body moreover this flexibility and speeds are the main factors. Therefore it can more easier if one can learn the conditioning exercises parallel to the holds. If a wrestler does not take exercises he can fulfil this work by practising of holds. Practising a hold is itself a exercise because if one have to hitting by hammer he must practice by hammer. It is not the proper way that some one



Fig.: 190 Another sitting position and sitting square stance
(Bailla vargakar Paintra)



Fig.: 191 How to sit in wrestling after control

have to learn hitting the hammer should be given the to learn hitting the hammer should be given the exercise of dips to strengthen the arms and then he may learn moving the hammer.

More over there are dummies to practise on the mat now a days from which flexibility automatically produced in practising the holds. Some holds are such like that which are now possible to apply without learning.

Parallel exercises. For example back salto to never can be applied without practice of bridge making. Likewise side swing is applied by practice of walking on kneeling position. Therefore there are so many holds which are not possible to apply without learning the parallel conditioning exercises. So the detailed description of such exercises is essential for holds of all chapters of the book.

For instance it is for your stance practice if you like right ideal stance you just take care that whenever you are standing out side arena in day or night time talking with some person or such like that you have to stand in the position that your right foot must be forward. From this you can practise for the stance Likewise for sitting stance and square stance one must practise on kneeling walk on the mat. For sitting grips the wrestlers should practise for sitting on the mat and for leg tackle one should practise for the conditioning exercises of catching the striking ball forward by the fast sprint means sprint. Some 10 or 20 steps. There is no best exercise than catching the forward striking ball for practise of leg tackle. For practise of arm drag-climbing the rope, under armsweep on a tree, pulling hold, practice by pulling any kind



Fig.: 192 Practice of leg tackle by bending down holding the striking ball

of weight, lock practise possible by grasping a tree whereas same for the drive, bending down exercises for single leg tackle, chakkarasan for switch, bending downward for back ward spin, lifting the wrestler for firemans curry washing the clothes with fast swing for flying mare practise and for salto practice of chakkarasan and bridge making is essential from which one gets help in applying the holds.

Likewise we are least careful to practice the counters parallel exercises.

1. A. Ideal right long stance (Adarsh dayan paintra):— Taking the standing position in wrestling in front of the opponents called the stance. The stance is a that position of balance from which a wrestler may able to defend or attack easily. It is the long stance which considered as the best stance. Being right foot forward in it that is why it is called the right stance. Almost 90 percent wrestlers of the world naturally fight on this stance. The children must be learnt this type of ideal long stance from the beginning.

For the aforesaid stance standing face to face put your right foot forward and left feet back ward according to striking distance. Putting all the body weight on the forward leg bend in from the knee and fixing the forme leg at 45 degree to left. Keep it almost straight. Now bowing your trunk in a semi circle spread your hands fixing the sight in from. Hands must be close bent from elbows and fingers almost open.

Brief details (Nichor):— 1. Right foot forward 2. Left leg back on striking distance. 3. Front leg on 90 degree and back leg on 45 degree left side.

4. Fixing body weight upon forward leg and bent. 5. Left leg almost straight 6. Trunk bent. 7. Hands bent from elbows. 8. Open grips 9. Looking in front.

1. B Counter (Tor) Left stance (Banyan Paintra):— 1. Left leg in front right leg back. 2. Forward leg bent and backward 45 degree left almost straight. 3. Body bent in arrows shape. 4. Hands in front 5. Fingers open left hand extended 6. Body loose eyes in front.

2. A. Ideal, left long stance (Adarsh Banyan Paintra):— It is ideal left long stance. Though a few wrestler may be seen fighting on this stance yet the wrestlers who are habitual on this stance must be advised to fight on the aforesaid stance. For the same put your left leg forward and right leg backward on the striking distance, putting the whole body weight on the leading leg bend it a bit where as taking the direction of right foot towards right 45 degrees bow your trunk round like ball. Keeping the hands close spread in front and let the fingers open and loose concentrate upon your opponent.

Brief details (Nichor):— 1. Left leg in front right leg backward. 2. Striking distance. 3. Leading leg upon 90 degree while the backward leg upon 45 degrees right. 4. Putting body weight on leading leg bending it a bit. 5. The backward leg a bit straight. 6. Trunk bowed. 7. Hand front and close. 8. Elbows bent and palms open sight in front.

2. B. Counter (Tor) Right stance (Banyan Paintra):— 1. Right leg forward and left leg backward. 2. The forward leg bent the former leg sideways bent. 3. Fingers open extending right hand forward 4. Body loose, eyes front.



Fig.: 193 Ideal stance (Adarsh dayan Paintra)

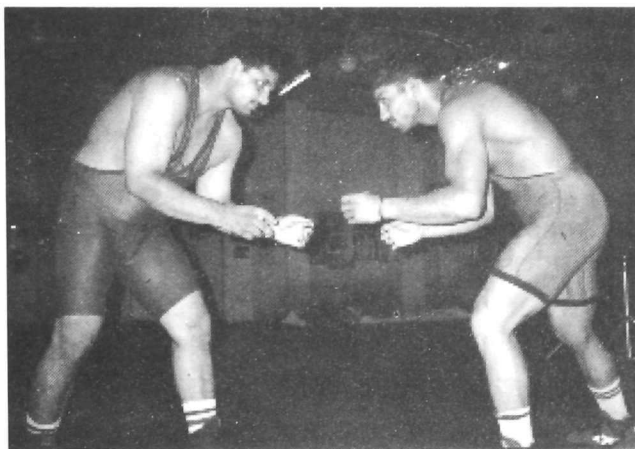


Fig.: 194 (4A) Left long stance (Banyan Paintra)

3. A. Fix right stance (Banyan sthir paintra):—

This stance is very useful to fight on the mat. Place your right foot forward and left backward at striking distance. Make the direction of your left foot 90 degrees sideways and fix it on the mat properly while putting the whole body weight upon it bend in from the knee in front.

Brief details (Nichor) :— 1. Right leg forward and left back ward. 2. Distance more than two feet. 3. Leading leg in front, the former 90 degrees left. 4. Weight on leading leg and bent.

3. B. Counter (Tor) Fix left stance (sthir Banyan paintra):— 1. Left leg forward. 2. Distance more than two feet. 3. Leading leg front and former 90 degrees. 4. Weight upon leading bent.

4. A. Fix left stance (Banyan sthir paintra):— This is also the same stance as above and the difference is there that it is left stance in the place of right. For the same assume your left leg forward and right backward at the distance of almost two feet or accordingly. Direction of the right leg must be to the right at 90 degrees angle and must be

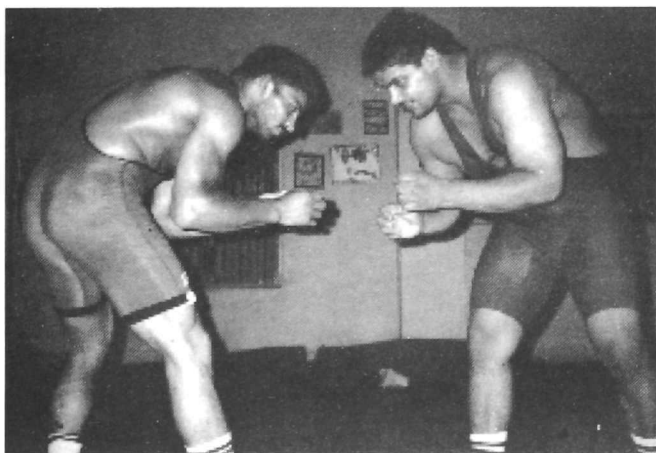


Fig.: 195 (4B) Fix right stance (sthir Danyan Paintra)

fixed on the mat or earth. The forward leg must be bent from the knee. Bending down the trunk spread the hands forward. Hands closed and elbows should be bent. Keep the palms open and eyes in front.

Brief details (Nichor):— 1. Left leg leading and right back ward. 2. Distance 2 feet or more. 3. Leading leg in front and the former 90 degrees angle right side. 4. Weight on doing leg and bent. 5. Former fixed straight. 6. Trunk down ward. 7. Hands closed and spread in front. 8. Elbows bent, palms open. 9. Eyes in front.

4. B. Counter (Tor) Fix right stance (Banyan sthir Paintra):— 1. Right leg forward and left back ward. 2. Distance more than two feet. 3. Leading leg in front. The former 90 degrees left. 4. Weight on leading leg and bent.

5. A. Square stance (Vargakar paintra):— It is called square stance. For the same put the both legs parallel at 2 feet distance on 90 degrees angle while in face to face standing position.

Bending the Knees forward put equal weight upon the both legs. In the same continuation bend your trunk downward spread the hands forward closing them from the elbows. Elbows bent palms open and the sight must be in front.

Brief details (Nichor):— 1. Both legs parallel. 2. Distance almost 2 feet. 3. The heels of the legs touching down. 4. Trunk bent. 5. Hands spread forward. 5. Sight in front.

5. B. Counter (Tor) Double ankle hold (Dohri Mujje):— 1. The opponent in square stance. 2. Grasping the right ankle with hand. 3. Kneeling position, head sideways. 4. Pulling by hands and pushing with shoulders. 5. Clinging right hand palm back of left ankle. 6. Pushing the right ankle by shoulder and falling back.

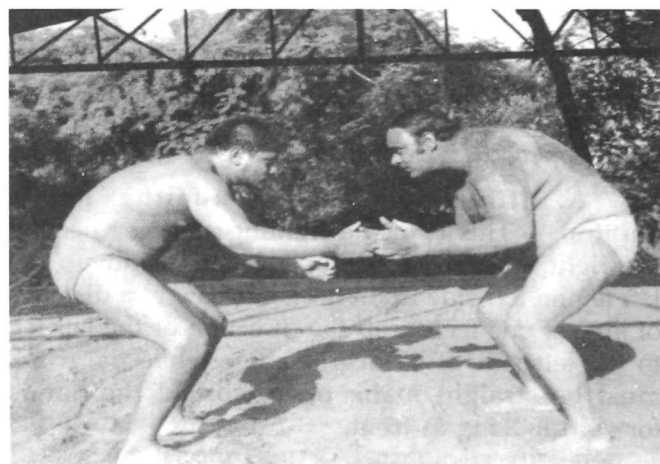


Fig.: 196 (5A) Square stance (vargakar paintra)



Fig.: 197 (6A) *Sitting Square stance (Baitha Vargakar Paintra)*

6. A Sitting square stance (Baitha Vargakar Paintra):— During the fight turning out from downward position this sitting square stance is formed automatically sometimes and one can assume this stance.

The position of sitting square stance from beginning is good and it is useful for the handicaps. For the same taken the kneeling position parallel on the mat or the earth as the distance should be at least one feet or accordingly. Put the paws back side. Taking the position of the body almost straight spread your hands forward and look into the front.

Brief details (Nichor):— 1. Knees down on the mat in parallel position. 2. Distance accordingly. 3. Paws touching down. 4. Body straight. 5. Hands spreading forward. 6. Sight in front.

6. B. Counter (Tor) pulling hold (Khainch):— 1. Hands close and elbows should be bent. 2. Keep the palms open and eyes front.

Brief details (Nichor):— 1. Left leg leading and right backward. 2. Difference 2 feet or more. 3. Leading leg in front and the former 90 degree angle right side. 4. Weight on leading leg and bent. 5. Former fixed straight. 6. Trunk downward. 7. Hands closed and spread in front. 8. Elbows bent, palms open. 9. Eyes in front.

7. A. Sitting long stance (Baitha lamba paintra):— This is also a fighting stance. Kneeling the right knee right side on the mat stand up the left leg on left side upon heel and paw at a distance of almost one feet, keep the direction of the left leg to the left side at 45 degree angle while the trunk must be straight, palm open, spread the hands forward looking in front.

Brief details (Nichor):— 1. Right knee upon the mat. 2. Left leg upon heel and paws. 3. Distance

almost one feet 4. left leg 45 degrees left. 5. Trunk almost straight. 6. Hands spread forward. 7. Eyes in front.

7. B. Counter (Tor) pushing hold (Dhakel):— 1. Opponent in sitting stance position in front. 2. Pushing him backward with both hands. 3. Dropping him down back controlling him from back side.

8. A. Left Hanuman stance (Hanuman Paintra):— It is also the same stance as the aforesaid is right while is the left stance for the same put your left knee on the mat at 90 degrees angle and make stand of the right feet upon heel and paw to the right side at a distance of almost one feet. Taking the direction of the right feet 45 degree right. Keep the feet straight opening the palms spread the hands in front and look forward.

Brief details :— 1. Left feet knee upon the mat. 2. Right leg upon heel and paw. 3. Distance almost one feet. 4. Left leg 45 degrees left. 5. Trunk almost straight. 6. Hands spread forward. 7. Eyes in front.

8. B Counter (Tor) Pushing hold (Dhakka):— Opponent wrestler front in sitting position. 2. Pushing him back with both hands. 3. Control him from back during pushing. 4. Fall him back side.

9. A. Moving stance (Chalta Paintra):— It is part of long stance moving in circle. When you are willing to move to sideways then rubbing the right feet on the mat lifting it put the same one feet backward to your leading leg. Now fixing yourself upon the former leg likewise extending the right leg so much carry it to the left in front of this leg means make the previous stance again. So keep your self moving to which side you want.

Brief Details (Nichor):— 1. Weight upon the leading leg. 2. Lifting the left leg place one feet back of the another. 3. Direction of the leg. 4. The waist

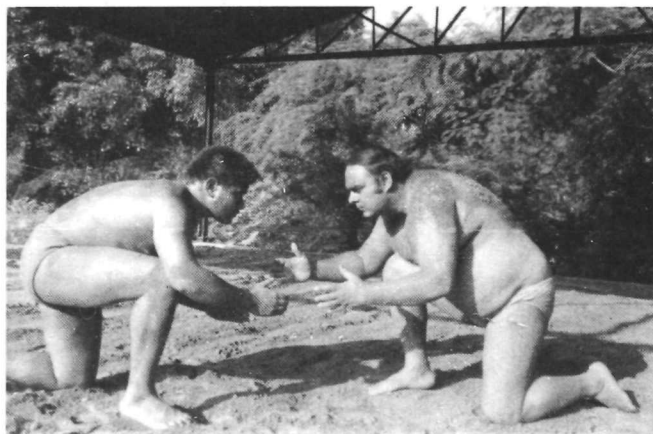


Fig. 198 7(A) *Sitting long stance (Baitha lamba paintra)*

bent. 5. Hands spread. 6. Eyes front. 7. Stepping forward in the same continuation.



Fig.: 199 (9A) Moving stance (Chalta Paintra)

9. B. Counter (Tor) Moving stance; (Chalta Paintra):— 1. Both the wrestlers upon the right stance. 2. Taking the leading leg backside by means of rubbing. 3. Likewise placing the backward leg by rubbing.

10. A. Forward stance (Agla Paintra):— It is also a method to stepping forward in the long stance. When you are standing in right stance then fixing upon the leading leg rubbing the backward leg with the mat step in place it forward almost 1/2 feet. Now placing the weight upon the backward leg keeping contact with the mat like wise slip the leading leg forward so much. First the backward and after ward the leading leg must be extended forwards in the same continuation and the stance should not be spoiled Trunk must be bent. Keep the hands and sight in front and sight in front and step forward likewise.



Fig.: 200 (10A) Forward stance (Chalta Paintra)

Brief details (Nichor):— 1. Place the backward leg ahead rubbing it with the mat. 2. Keep moving with the opponent assume face to face position.

10. B. Counter : As above.

11. A Opposite stance (Ulta paintra): Likewise to step back during the long stance fixing upon the backward leg rubbing the leading leg upon the mat slip it 1/2 feet backward. Likewise fixing upon the leading leg slip the another leg so much backward keep the upward body position same such like the stance. Step back in the same continuation. Don't forget that the stance should not be spoiled. It is the easiest method to step backward.

Brief details (Nichor):— 1. Fixing upon the backward leg take the leading 1/2 feet back. 2. Fixing upon the leading leg placing the another leg 1/2 feet back. 3. Trunk bent. 4. Spreading the hands in front. 5. Sight in front. 6. Stepping back in the same continuation.



Fig.: 201 (4A) Fix left stance (Banyan sthir Paintra)

11. B. Counter (Tor) Reverse stance (Ulta paintra):— 1. Both the wrestlers in front of each other. 2. Stepping the backward leg in front rubbing it. 3. Placing the leading leg ahead by rubbing. 4. Again the same stance position. 5. Stepping forward in same continuation. 6. when the leading leg lift.

12. A. Neck hold standing grip (Chakri paintra):— When you are fighting on the right stance and you have to turn to the right then weighting upon the right leg heel place your leg to the right side at 45° after turning and turning to the left lifting your right feet place it one foot back before the leading leg.

Brief details (Nichor):— 1. Turning to the right one the leading leg. 2. Turning the direction. 3. Place the another leg forward one feet backward

with the leading leg. 4. Keeping waist and hands in the same position. 5. Turning to the right in the same continuation.

12. B. Counter (Tor) Circle stance (Chakri Paintra):— 1. Both upon right stance before each other. 2. Turning the leg on heel 45 degrees left. 3. Lifting the left at right distance. 4. Make the same stance again. 5. Again turning the same direction of the left leg. 6. And place the another leg in the same direction.

13. A. Moving Square stance (Chalta Vargakar paintra):— If you have to step forward or backward from the square stance then adopt this method. To step forward lifting your left feet a bit place 1/2 feet forward. Keep the trunk position same. Step forward in the same continuation and likewise placing the legs backward step to the backward.

Brief details (Nichor):— 1. Stepping left feet 1/2 feet forward. 2. Extending right feet 1/2 feet forward. 3. Knees bending. 4. Trunk downward. 5. Hands forward. 6. Eyes in front. 7. Stepping forward in the same continuation.

13. B. Counter (Tor) Double ankle grip (Do Mujje):— 1. Opponent upon the square stance. 2. Left leg in kneeling position. 3. Grasping the right ankle with the hands and touching the shoulder, head outside. 4. Hitting the another ankle by the right hand palm in reverse position. 5. Fall him back by shoulders push and hands pull. 6. Control him in full position by reaching forward.

14. A. Neck pull standing grip (Jhonk Nikal):— This is a method of holds face to face in standing

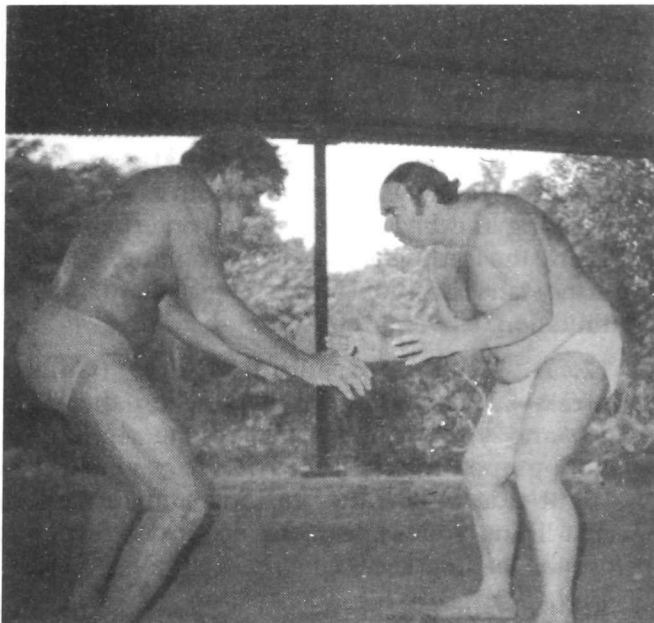


Fig.: 202 (13A) Moving in square stance (Chalta Vargakar)



Fig.: 203 (13B) Ankle grip (Do Mujje)

position which is applied in Greco-roman wrestling. One can apply many holds after assuming. This position. For the same hold when you are standing in right stance then put your right hand upon his neck from right side. As soon as you place your hand upon his neck from the right side at the same time, he will place his right hand at your neck from left side in the slap automatically. Now surpassing your right hand from upside and grasp his right arm and naturally he will also catch your right arm which will become a good hold.

Brief details (Nichor):— 1. Both wrestlers upon right stance. 2. Both hands place of upon one others neck. 3. Grasping each others arms from another hands.

14. B. Counter (Tor) Standing switch (Khari roome):— 1. Grasping opponents arm from face to face position. 2. Applying right hands standing switch by the right hand. 3. Taking the right leg outwards. 4. Flattening forward raising the chest upside looking upward. 5. Weighting upon the hand right side turn. 6. Stepping forward grasping the waist first from right and then from left hand.

15. A. Neck hold standing grip (Gardanband Khari Pakar):— This is also another type of standing grip which is applied in Greco-Roman wrestling. When both of you are standing upon the right stance then place your right hand upon his neck from left side as soon as he also places his hand upon your neck from another side at the same time surpassing your another hand upon his straightening hand touch your boxing type hand in chest and keep your eyes in front. This will also become a good hold from that you can apply many holds and he will be able to do nothing.

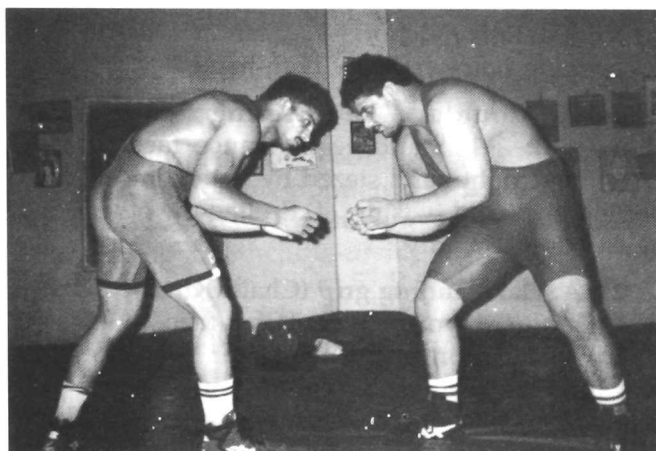


Fig.: 204 (10A) Forward stance (Agla paintra)

Brief details (Nichor)— 1. Both in right stance. 2. Right hands upon each others necks. 3. Surpassing left hand his right hand putting closed palm in the chest. 4. Looking in front.

15. B. Counter (Tor) Standing switch (Khari Roome)— 1. Grasping his hand from right hand in face to face position. 2. Making position and switch upon the arm. 3. Taking the right leg outside. 4. Flattening forward and upraising the chest looking upward. 5. Weighting up on the hand turning towards right. 6. Stepping forward grasping waist from right and then from the left hand.

16. A. Tight hold standing grip (Khari Pakar)— It is very important grip in face to face position for Greco-Roman wrestling from which the opponent is siezed and many holds can be used from this position. When you are standing on the right stance place your left hand upon his neck from his left side and grasp his right hand wrist from upside by your left hand.

Brief details (Nichor)— 1. Right stance. 2. Right hand upon opponents left neck. 3. Grasping his right ankle left hand.

16. B. Counter (Tor) standing switch:— 1. Grasping his arm from face to position. 2. Switch upon the arm. 3. Taking right leg outside. 4. Flattening forward upraising the chest, keeping sight upside. 5. Pressing the hand turning from left side. 6. Stepping forward holding his waist first from left and then from right.

17. A. Cross hands standing grip (Hath par khari pakar)— It is a very old grip which specially used in Greco-Roman wrestling and many holds can applied from, this grip. When you are standing face to face surpassing your both hands from his arm pits make a grip of your both hands and keep your sight in front.

Brief details (Nichor)— 1. Both hands passing upon back from sideways. 2. Both hands grip.

17. B. Counter (Tor) Buttocks throw (Dhak)— Cross buttock grip from arm pit and neck. 2. Change the body and legs in opposite direction. 3. Put him upon the hips bowing down. 4. Falling him down right side with hips jerk turning the face to the left. 5. Landing the knee resting upon the hips. 6. Flatenning the legs forward stop him in the grip.

18. A. Neck shoulder hold standing grip (Gardan Kunda Khari Pakar)— When you are standing face to face before the opponent on right stance placing the right hand upon his neck surpass it towards the right hand upon his neck surpass it towards the right side of the back and crossing the left hand into his right armpit make a lock grip of both hands and now you can apply cross buttock or any other hold from this position.

Brief details:— 1. Right stance in face to face position. 2. Both hands grip on back from armpit and neck.



Fig.: 205 (16A) Tight hold standing grip (Khari Pakar)

18. B. Counter (Tor) Hips throw (Dhak)— 1. Right stance in face to face position. 2. Cross buttock grip upon same grip. 3. Stepping forward taking the reverse direction. 4. Taking the opponent upon the back. 5. Bending forward and looking left falling him towards right side with the hips jerk.

19. A. Wrist hold standing grip (Kalai Bhinch Khari Pakar)— When both of you are standing face to face upon the right stance then grasp his right wrist with your both hands from upside and downward. Though grasping the wrist for much



Fig.: 206 (19A) Wrist hold standing grip
(Kalai Bhinch Khari Pakar)

time is illegal in Greco-Roman style wrestling yet you can catch his wrist for some time for application of holds and to fail the opponents holds.

Brief details (Nichor):— 1. Right stance. 2. Grasping right hand wrist with both hands.

19. B. Counter (Tor) Peeling hands (Hath cheerna):— 1. Face to face grasping right hand by opponents both hands. 2. Hitting by the wrist bone downward the hands and release the hands. 3. Again taking the safe stance position.

20. A. Wrist lock standing grip (Pohanchi Tala Khari Pakar):— When both of you wrestlers fighting on right stance in face to face position then grasp his right hand wrist from your left hand and left hand wrist in right hand tie from upside from here you can apply any hold. It is hold of free style as well as Greco-roman wrestling.

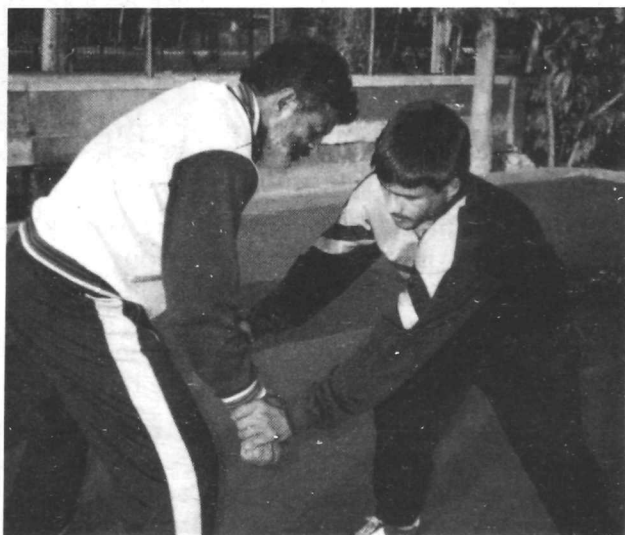


Fig.: 207 (20A) Wrist lock standing grip
(Pohanchi Tala Khari Pakar)

Brief details (Nichor):— 1. Standing face to face. 2. Grasping both wrists by both hands.

20. B. Counter (Tor) Peeling hands (Hath chhurana):— 1. Standing in stance face to face. 2. Left and right hand siezed by opponents. 3. First peeling one hand twisting. 4. Peeling the other hand by twisting secondly.

21. A. Flat standing grip (Chalti Khari pakar):— When both of you are fighting face to face in standing position and when ever the opponent surpasses his head under you or you, yourself pull his head under your chest make a tight grip of both hands upon his back tight by and control him there. It is a useful hold for heavy wrestlers.

Brief details (Nichor):— 1. Right stance. 2. Opponents neck and chest downward. 3. Clinging the chest upon his back. 4. Grasping his back with both hands.



Fig.: 208 (21B) Sitting Lift (Baithak)

21. B. Counter (Tor) sitting lift (Baithak):— 1. Grasping both hands wrist in face to face position. 2. Clinging both hands side ways with the body. 3. Sitting straight way upon the heels lifting the opponent in the air. 4. Grasping the back from both hands.

22. A. Tie up standing grip (Baju Ankri Khari pakar):— It is a very fine hold. It is also used in Greco-Roman wrestling. Whenever you are fighting on the right stance grasp the opponents neck with right hand pull it in the right armpit and surpassing the left hand upon his right hand, make a both hands grip upon him pressing him downward with your chest, keep pulling him towards you. It is a such type of hold from which opponents each and every hold are stopped and you can apply any hold from here or you can press him down in the sitting position.

Brief details (Nichor):— 1. Right stance. 2. Opponents neck in right armpit. 3. Pressing the neck down siezing his right hand also. 4. Hand and neck under control of both hands.

22. B. Counter (Tor) Colundun (Bangri):— 1. Grasping the opponents arm in face to face position. 2. Tie up colundun with another hand. 3. Taking the head outside towards the hold. 4. Turning sideways. 5. Roll the opponents in sideways. 6. Taking the broad distance of legs fall him down under the back and press him fall.

23. A. Arm hook standing grip (Bajooband Khari Pakar):— When both of you are fighting face to face in standing position on the right stance, place your right hand on the opponents neck from left side and grisp his right arm from your left hand, press his chest by your right hand elbow. Thus he may not be able to apply any hold or counter.

Brief details (Nichor):— 1. Face to face right stance. 2. Placing right hand on neck. 3. Grasping right arm from owns left hand. 4. Pressing elbow in the chest.

23. B. Counter (Tor) Under arm sweep (Doob):— 1. Face to face right hand upon neck. 2. Grasping arm from left hand. 3. Placing, right knee in between legs. 4. Swinging hand upside, surpass the head under armpit. 5. Entering throw sideways. 6. Holding the waist.

24. A. Arm hold standing grip (Baju band Khari Pakar):— It is also the standing grip of Greco-Roman wrestling. When both of you are fighting face to face in standing position then grisp his right arm, from left and his left arm from the right hand. Now the another wrestler also will hold likewise and this will become a hold.

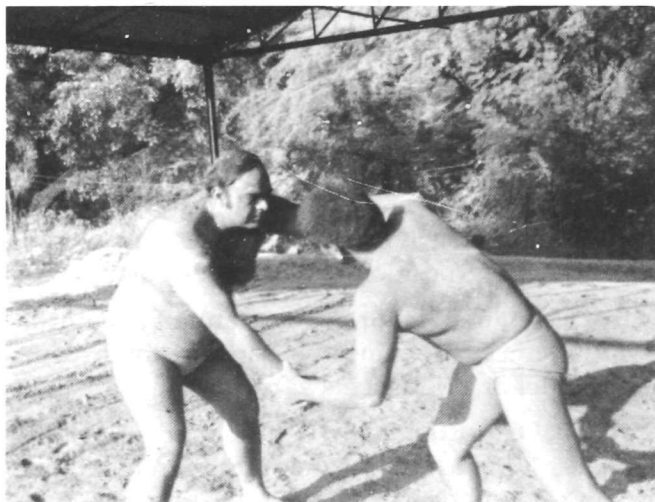


Fig.: 209 (20A) Wrist arm hold standing grip
(Kalai Bajooband Khari Pakar)



Fig.: 210 (24A) Arm hold standing grip
(Bajuband Khari Pakar)

Brief details (Nichor):— 1. Grasping opponents arms from both hands. 2. Opponent grasp your both arms as it is.

24. B. Counter (Tor) Leg variation (Pat nikalna):— 1. Grasping thighs. 2. Right leg in between legs. 3. Right shoulder with thighs and head sideways. 4. Falling with shoulders push and hands pull. 5. Control him fall stepping forward.

25. A. Opposite arm hold standing grip (Khari Pakar):— This also is used in Greco-Roman wrestling. When both of you are standing in face to face in standing position then grasp his right arm from your left hand and right arm from your left hand and this will also become a hold.

Brief details (Nichor):— 1. Grasping left arm from right hand. 2. Right arm from your left.

25. B. Counter (Tor):— Grasping both thighs with jerk. 2. Right leg in between legs. 3. Right shoulder with the thighs head side ways. 4. Fall hands pulling, shoulder push. 5. Control the fall.

26. A. Hands hold standing grip (Hathband Khari Pakar):— This hold also used in Greco-Roman wrestling. When both of you are standing face to face in standing position. When he grips your upper body by surpassing both hands from your armpits. Then over siezing his hand arms by your hands and making a grip downwardly make a fine grip and you can apply hip jerk etc. Many holds from this position.

Brief details (Nichor):— 1. Face to face standing. 2. Grasping upper position by both hands. 3. Over siezing his arms. 4. Downward hands look.

26. B. Counter (Tor) Hips throw (Dhak):— 1. Face to face making hips jerk holds. 2. Changing

opposite direction. 3. Taking opponent upon hips. 4. Turn face and throw him by hips jerk. 5. Control him in hands hold flatenning legs.

27. A. Wrist arm hold standing grip (Kalai Bajuband standing grip):— It is a simple grip which becomes naturally during the fighting face to face in standing position at right stance then grasp his right wrist from the left hand and left arm from right hand. This will also hold.

Brief details (Nichor):— 1. Grasping opponents right wrist by left-hand. 2. Left arm from your right hand.

28. A. Sitting position (Baithi Awastha):— In wrestling in the beginning this particular sitting position is learnt that how to hold the opponent in sitting position. Sitting upon the opponent left side hold his waist with both hands simple lock upon the belly. Sitting in kneeling position and clinging with the left back of the opponent turning face to the left assume a holding position so that you may be able to apply the next hold.

Brief details:— 1. Grasping waist. 2. Kneeling position towards left. 3. Clinging upon opponents back position. 4. Turning towards left.

28. B. Counter (Tor) short switch (Roome):— 1. Kneeling position. 2. Closing left knee with the another. 3. Stand of the left hand, switch of right. 4. Landing on left hip at 90°. 5. Ragging on right stance. 6. Turning, looking upward. 7. Holding waist on turn.



Fig.: 211 (31A) Down leg tackle (Nichli Pat Nikalna)



Fig.: 212 (27A) Wrist arm hold standing grip (Kalai Band Khari Pakar)

29. A. Simple sitting grip (Sadharan sitting position):— In sitting position sitting beside the left of the opponents on top over seize his waist by right hand clinging it with the belly. Now grasping left arm from the left hand taking the kneeling position sit in applying the hold position. It is the preliminary position of sitting.

Brief details (Nichor):— 1. Kneeling position at 90 degree. 2. Oversiezing the waist. 3. Grasping left arm. 4. Tiet grip of both hands.

29. B. Counter (Tor) Short switch (Roome):— 1. Sitting upon knees. 2. Clinging left knee with right. 3. Stand of left hand and right hands switch. 4. Sitting upon the left hip at 90 degrees. 5. Ragging on right hip. 6. Hold the waist with a turn.

30 .A. Sitting position (Baithi Awastha):— In the par tarre position when you are on top grasp the opponents waist by oversiezing the right hand and at the same time put this hand clinging has with right thigh and catch his left arm by your left hand during kneeling position towards the opponents left side. From here you can flatten him easily by applying floating hold, keep your right knee in kneeling position and other leg stand.

Brief detail (Nichor):— 1. Hanuman Paintra towards left. 2. Reaching the hand in thigh over waist. 3. Holding opponents left arm with left hand.

30. B. Counter (Tor) short switch (Pari roome):— 1. Switch fight hand. 2. Sitting upon hips left hand stand. 3. Jerk of waist. 4. Turn over upon the opponent 5. Grasping waist with hands.

31. A. Downward leg tackle (Nichli Pat Nikalna):— It is a important hold of free style wrestling. Leg tackle technique is very fit for free style wrestling. If we repeat this sentence it will be less to say. It is the most simple and practical hold of the wrestling world.

When both of you are fighting face to face in standing position at the same time taking the appropriate front position. Place your right knee like a stand in between his legs and at a distance of one feet, Grasping opponents both thighs surpassing the head towards his left side fall hi towards his back by hands and pull of shoulders with his thighs with a fast jerk. Now he will fall on fours. At once reach upon his chest and control him by your weight as well as tight grip.

Brief details (Nichor):— 1. Both face to face in right stance. 2. Placing right knee between legs. 3. Other leg on paw stand. 4. Holding thighs with hands. 5. Head towards left. 6. Shoulders touching thighs. 7. Falling back by hands pull, shoulders push. 8. Control him fall.

31. B. Counter (Tor) Reverse spin (Ulti):— 1. Pressing opponent's head down. 2. Spreading the legs applying switch hand. 3. Switch by right hand and both hands grip. 4. Flattening left leg turning him. 5. Flattening the legs landing upon hips.



Fig.: 213 (31A) Downward leg tackle (Nichli Pat Nikalna)



Fig.: 214 (32A) Upward leg tackle (Upari pat nikalna)

6. Controlling the opponent fall in cross buttock type hold.

32. A. Upward leg tackle (Upari pat nikalna):— When both of the wrestlers are assuming the standing position at right stance placing the right leg in between his legs grasp his thighs with both hands by bending down touching the right shoulder also and surpassing the head sideways to lift. Now putting the left leg forward beside his right leg, lift him up with a sharp waist jerk, upon your right shoulder. After this changing your left hand upon legs and right hand around his waist and swinging legs towards left side. Right leg kneeling down, fall and control him accordingly in front.

Brief details (Nichor):— 1. Face to face standing position. 2. Placing right leg in centre. 3. Grasping thighs. 4. Head side ways, shoulders touching. 5. Left leg forward. 6. Lifting high with jerk. 7. Swinging sideways. 8. Hands around legs and waist. 9. Kneeling position. 10. Controlling fall.

32. B. Counter (Tor) Cross face bar (Manha Patti):— 1. Cross face bar with right hand. 2. Left hand upon hips or waist. 3. Pushing by bar peeling his hands. 4. Holding the waist reaching backside.

33. A. Arm drag opposite grip (Ulti Dasti):— Arm drag is a fine hold of Greco-roman wrestling and very useful for the tall. When both of you are fighting face to face upon the right stance grasp your right wrist in your left and hold his arm from underside from your right hand. Now pulling your hand downward with the full force of hands swing it towards right side. In this duration stepping left leg forward try to grasp his waist going behind him.

A first catch his waist far side from the left and near side from the right. Control his back in this way.

Brief details (Nichor):— 1. Grasping right wrist by left hand. 2. Holding arm from under heath by right hand. 3. Pulling opponents hand with jerk. 4. Stepping left leg forward. 5. Grasping waist with hands. 6. Control over the back.

33. B. Counter (Tor) Chest push (Seena pachhar):— 1. Stopping chest by left hand. 2. Changing own stance. 3. Stopping the drag and pulling own hand. Try to release the wrist grip.

34. A. Moving arm drag (Chalti Dasti):— It is a another kind of arm drag which is more important than the aforesaid when both of you are fighting on right stance then grasping opponent's right arm from your left hand. Now taking a round of the hand from under neath again catch his arm from the upper side and grasping the same arm from your right hand down side pull his hand downward and swing it towards your right side. In this connection stepping the left leg oversieze his waist one by one with both hands and control his back likewise.

Brief details (Nichor):— 1. Grasping arm by left hand. 2. Catching the hand in round position. 3. Holding arm by another hand from downward. 4. Pulling and swinging the hand sideways. 5. Taking the opponent in front. 6. Stepping towards his back over siezing his waist. 7. Complete control upon waist.

34 B Counter : As above.

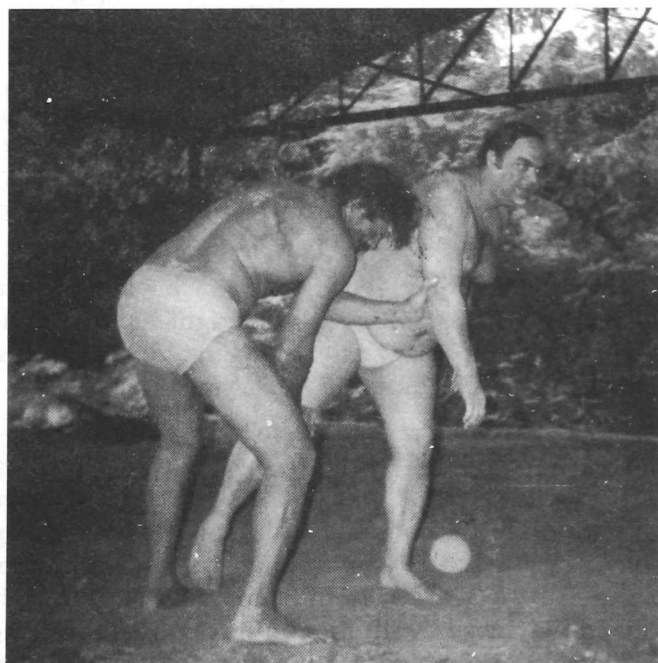


Fig.: 215 (35A) Leg lift arm drag (Pabba Dasti)

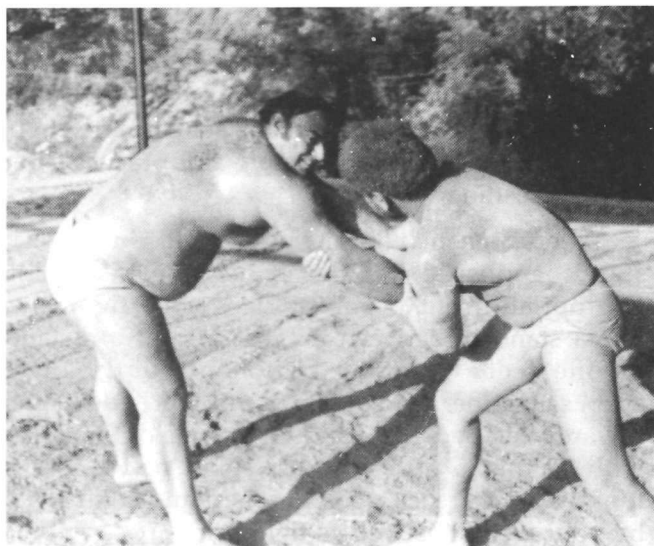


Fig.: 216 (34A) Moving arm drag (Chalti Dasti)

35. A. Leg lift arm drag (Pabba Dasti):— This type of arm drag who knows to apply, you must consider him a wrestler. When both of you are fighting on the right stance, hold his left hand wrist by your right hand and grasp his right arm by your left hand from underneath. Now pull this hand sideways by sharp jerk. Now hold his right thigh bending downward by right hand and lifting the leg after this sporting his right thigh by right shoulder and holding his legs from backside push him forward so that he may be able to fall four flat and then control his back easily.

Brief details (Nichor):— 1. Fighting on the right stance. 2. Holding wrist by right arm by left hand. 3. Swing the hand sideways. 4. Lifting the leg ankle by right hand. 5. Holding the far side thigh from backward by left hand. 6. Sporting the thigh by shoulder and drag. 7. Controlling him four flat position.

35. B. Under arm sweep (Doob):— 1. Releasing leg by jerk. 2. Siezing the waist leg by jerk. 3. Stepping forward. 4. Holding the waist by ragging forward.

36. A. Leg tackle arm drag (Pat Dasti):— It is a fast drag of free style wrestling. When both of your are standing face to face on right stance. So a wrestler should grasp his right hand wrist by left hand and opponents arm downward by right hand just like before and swing his both hands forcibly to the right side. Now holding his thighs with the both hands touching the thighs with the shoulder push him ins the front and fall him on foursat once. Control his waist from the backside

Brief details (Nichor):— 1. Right stance. 2. Wrist from left and arm from right hand. 3. Swinging

hand to the right. 4. Shoulders with thighs. 5. Fall him by sharp push. 6. Controlling the waist.

36. B. Counter (Tor) Standing switch (Khari Roome):— 1. Holding opponents wrist. 2. Switch upon the arm. 3. Stepping outside opponents leg. 4. Looking high, jerk of chest. 5. Flattening position and pressure upon the hand. 6. Holding waist with a turn.

37. A. Short arm drag (Baithi Dasti):— It is used in sitting position in Greco-Roman wrestling. When you are sitting on Hanuman stance by kneeling the right leg and making a stand of left leg by coming out from any position so likewise grasp his right wrist by left hand arm by right hand, clinging own shoulder with opponent's shoulder and pulling his hand towards right side forcibly stepping the left leg hold his waist from his right and then controlling waist by left come to his back side.

Brief details (Nichor):— 1. Sitting position face to face. 2. Wrist from left and arm from right. 3. Touching shoulder with shoulder. 4. Putting hands towards right. 5. Stepping left leg forward, catching the waist. 6. Controlling waist by both hands.

37. B. Counter (Tor) Pushing hold (Dhakka):— 1. Pushing by hands. 2. Falling him towards back. 3. Controlling by holding waist.

38. A. Under arm sweep standing (Khari doob):— It is the pure free style hold. It is a smart type of hold to hold the opponent from standing position. When both of you are fighting on the right stance placing your right hand on the neck of the opponent to grasp his right arm. Now pulling the neck downward and jerking the hand upward entering your head in his armpit and grasp the opponent's right thigh from your left hand. Pulling

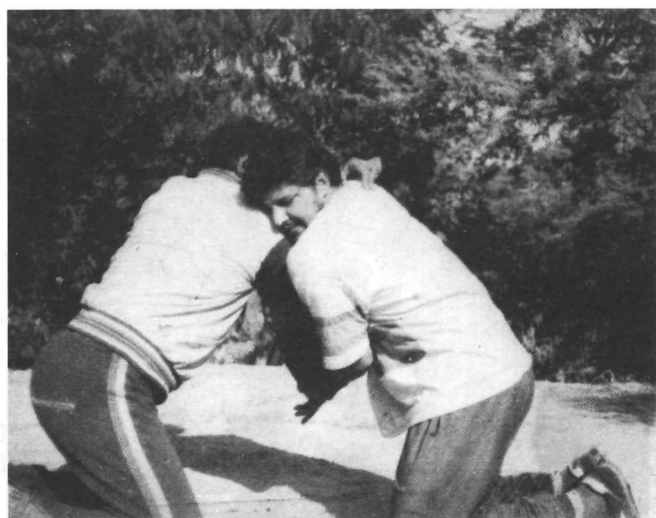


Fig.: 217 (37A) Short arm drag (Baithi Dasti)



Fig.: 218 (36A) Arm drag and leg tackle (Pat Dasti)

neck and holding the thigh try to pass from armpit towards backside and extending the steps and hands grasp his waist from backside with both hands placing the legs parallel.

Brief details (Nichor):— 1. Hands upon neck face to face. 2. Grasping other arm. 3. Holding hand pull neck. 4. Entering head in armpit. 5. Left hand upon thigh. 6. Catching waist by extended hand. 7. Holding waist with both hands.

38. B. Counter (Tor) Body press:— 1. Pressing the neck in right armpit. 2. Entering the other hand in his armpit crossing it forward. 3. Left leg in between legs and left stance. 4. Pressing likewise fall him in the circle. 5. Turning the mouth right side. 6. Control him fall by flattening himself.

39. A. Under arm sweep landing (Taken Doob):— Each and every arm sweep are used in free style wrestling. To hold the opponent at once, it is very useful when both of you are fighting face to face upon the right stance then placing your right hand upon his neck catch the arm from the other hand. Now land the right knee upon the mat jerk up the hand with entering neck in right hand holding his right outer thigh, stepping ahead grasp his left side waist and holding his full waist from both hands come upon his back.

Brief details (Nichor):— 1. Right hand upon his neck face to face. 2. Lifting the left hand upside. 3. Right hand upon the mat. 4. Holding the thigh by left hand. 5. Neck in armpit. 6. Left leg standing. 7. Surpassing neck going back. 8. Grasping the waist from left and right hand.

39. B. Counter (Tor):— Outer leg 1. When the opponent applying arm sweep by landing the knee.



Fig.: 219 (39A) Under arm sweep (Taken Doob)



Fig.: 220 (41A) Leg tackle arm drag (Pabba dasti)

2. Holding the neck in the hand grip. 3. Holding the arm by left hand. 4. Hitting the right leg outside his landing leg. 5. Twisting the mouth. 6. Turning him fall and sit upon him like horse riding.

40. A. Jerk under arm sweep (Bajuband doob):— This sweep also is such type of hold but in this the arm is caught in the place of neck. When both or you are fighting upon the right stance then put your right hand upon his neck on left side and jerking his right hand upside, landing the knee surpassing neck in the armpit, grasping the thighs with the hand pass forward. Now taking the legs backside grasp the waist with both hands.

Brief details (Nichor):— 1. Holding the arm from front. 2. Holding left hand. 3. Landing the right knee. 4. Jerking hand up, neck in side. 5. Hand upon the thigh. 6. Coming back sideways. 7. Holding waist from the hands.

40. B. Counter (Tor). Peeling hands (Hath Cheerna):— 1. Turning the face. 2. Peeling the hand from arm. 3. Peeling other hand left from his former hand. 4. Peeling hands from left and left right to right. 5. Separating the hands. 6. Coming face to face.

41. A. Leg tackle under arm sweep (Ghumeru Doob):— It is a special of free style wrestling. It is a very good arm sweep to coming back from face to face position. Fighting face to face on right stance when you are holding his thighs with both hands and he is not falling down so you must apply arm sweep on the same position. Landing on right knee surpass your neck sideways. Now taking turn towards right surpass yourself by the side with a

fast jerk and coming backward hold his waist with both hands control him at the same time.

Brief details (Nichor):— 1. Holding thighs by hands. 2. Landing right knee. 3. Thighs pushing by right shoulder. 4. Neck sideways. 5. Stand of another leg. 6. Turn right jerk of waist. 7. Going back by jerk. 8. Holding waist by both hands.

41. B. Counter (Tor) Outer leg bar (Bahri Tang):— 1. Bending opponent arms with both hand. 2. Pulling arms upside. 3. Hitting leg outside right leg. 4. Bending forward with turn. 5. Falling down sideways.

42. A. Jerk under arm sweep (Amber Doob):— It is very good sweep for Greco-Roman wrestling because only hands are used in this hold which is surely applicable. When fighting on right stance. The opponent have hold your neck in his armpit then placing your right hand upon his neck

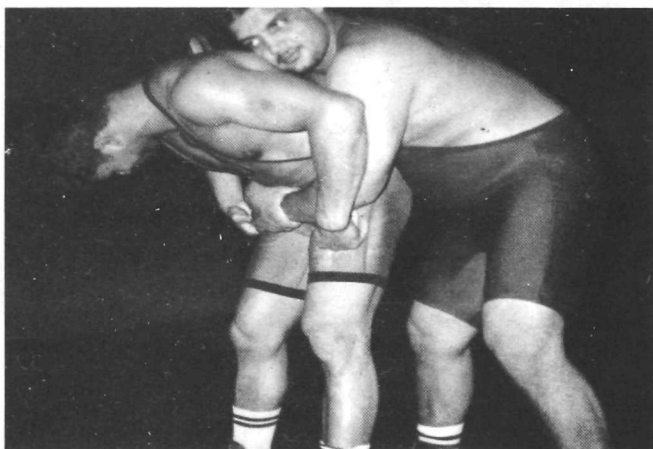


Fig.: 221 (41A) Leg tackle under arm sweep (Ghumeru Doob)

extending left forward, pulling the neck and looking above with the waist jerk step forward and turning to right hold his waist in your hand from backside.

Brief details (Nichor):— 1. Right stance and neck in opponents armpit. 2. Left leg extended. 3. Jerk of waist looking up. 4. Stepping forward. 5. Turning to the right. 6. Holding waist from both hands.

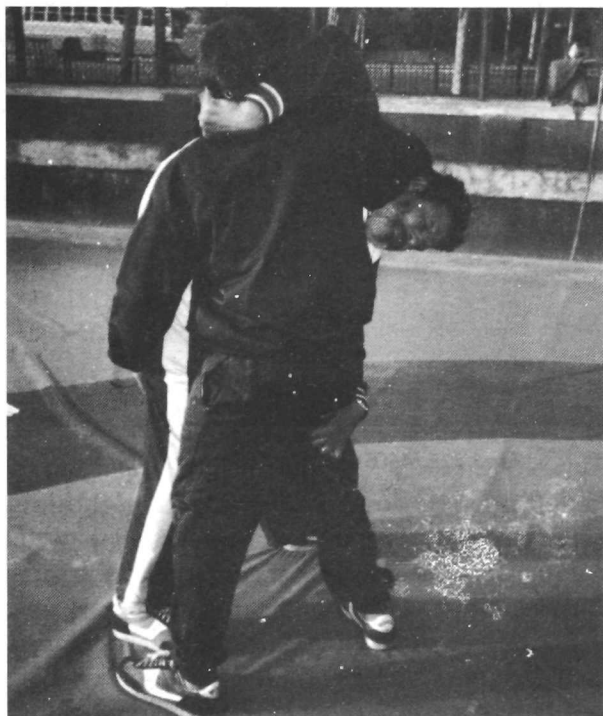


Fig.: 222 (40A) Jerk under arm sweep (Amber Doob)

42. B. Counter (Tor) Leg pick up (Ektangi):— 1. Holding neck in opponents armpit. 2. Grasping inner leg in inner leg. 3. Bending down and turning sideways with sharp turn.

43. A. Pulling hold (Khainch):— It is a hold of strength for the beginners and is a Greco-Roman hold. As the pushing is a hold of spoiling balance of the opponents likewise pulling is off balancing hold. Like above when you are in standing position and if the opponent is assuming the sitting position in kneeling or some other position then bending forward catching his head and shoulder from one hand drop him forward with the sharp jerk and jumping at the same movement going backside control his waist with both hands.

Brief details (Nichor):— 1. Face to face standing and sitting position. 2. Pulling shoulder and neck. 3. Going back by jumping. 4. Holding waist.

43. B. Counter (Tor) High leg variation (Khari pat nikalna):— 1. Stance in between legs during

pulling. 2. Holding opponent thighs. 3. Shoulder upon thighs head sideways. 4. Falling back with the pulling and pushing action. 5. Control him fall by putting weight upon him.

44. A. Collar-Elbow hock (Kandha-Gardan Khench):— It is a simple hold of strength in free style and Greco-Roman wrestling. When you are assuming face to face position holding arms of each other then placing your right hand upon his neck and grasping opponent's arm by another hand, pull him by continuous jerks. He will fall down in one or two jerks and going back control him easily.

Brief details (Nichor):— 1. Face to face in standing position. 2. Right hand upon neck. 3. Catching left arm from the left hand. 4. Fall him down by both hands jerk. 5. Come towards backside by turn.

44. B. Tor Sitting lift (Baithak):— 1. Catching the both wrists in opposite direction by bending down. 2. Sitting upon legs lifting the opponents up by head. 3. Throwing fall back by jerk. 4. Controlling fall by tightening the hands and flattening the legs.

45. A. Shoulder jerk (Dohri Khainch):— It is also like the above hold there is only a difference of hold. When you are assuming the standing position and the opponent is sitting in some spoiled position facing towards you. So likewise pull his both shoulders with a jerk and go behind him. Hold the waist with the both hands.

Brief details (Nichor):— 1. Face to face standing and sitting position. 2. Pulling both shoulders. 3. At once come backward holding the waist by both hands.

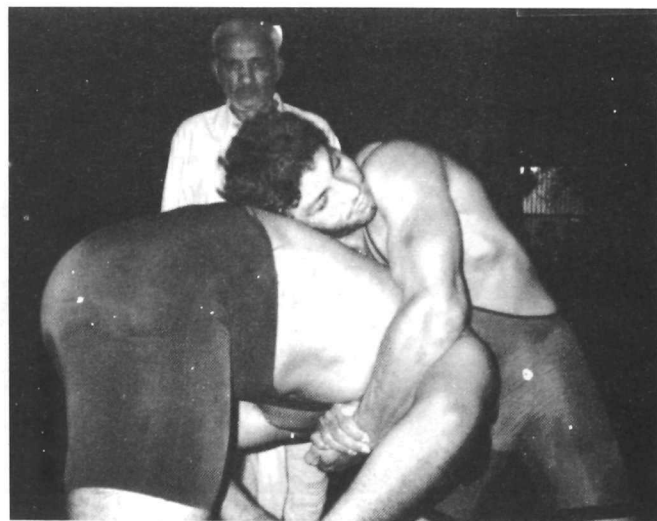


Fig.: 223 Shoulders jerk (Dohri Khainch)

46. A. Waist grip & Simple lock grip (Sadharan Pakar):— This hold is used in free-style as Greco-Roman wrestling. When we have to hold a wrestlers waist from back side there are many ways to catch him in which this is the best method. It is called wrestlers grip or simple lock which is used by all wrestlers and it is simple and is best of all. When you are assuming the standing position before the backside of the opponent, surpassing the hands from his both sides make a grip of both hands likewise that the left hand must be downward and the right upward, both paws of hands are making a chain. Closing the paws and clinging the chest with his back side ways and turn the mouth side ways lift the right leg must be in between his legs while left leg side ways parallel with the right. This is the hold of standing position while this must be likewise in sitting position bending the knees.

Brief details (Nichor):— 1. Back to the opponent. 2. Surpassing the hands side ways grip upon the belly. 3. Left hand paw downward while right upward. 4. Tightening the paws. 5. Hands cling with waist. 6. Chest and cheek upon left back. 7. Both hands parallel. 8. Right leg in between legs and left side ways.

46. B. High leg variation:— 1. Pulling forward leg in between. 2. Holding thighs. 3. Shoulders cling with thigh, head sideways. 4. Pulling of hands pushing by shoulders, backward fall. 5. Control him by putting weight.

47. A. Waist grip & Fingers lock (Tala Pakar):— It is a another type of finger lock. It is also used in Greco-Roman and free style wrestling. It is difficult



Fig.: 224 (46A) Waist grip & Simple lock (Sadharan Pakar)
Simple grip (Sadharan Pakari)

from the upper grip but it becomes easy after practice in which a lock of the hands paws is formed that one can not be opened. When you are standing backside of the opponent then holding his waist make a grip of both hands paws such like that



Fig.: 225 (46B) High leg variation (upli Pat)

the left must be downward while the right upward in opposite direction. Now surpass left paw. Now making the both paws tight close make a grip. Now likewise clinging chest with the back half portion of the opponent looking towards left placing right leg in between his legs and left leg sideways parallel to it or assume any other position like touching the chin in the spinal cord and chest with his back.

Brief details (Nichor):— 1. Back side to the standing opponent. 2. Holding waist with the

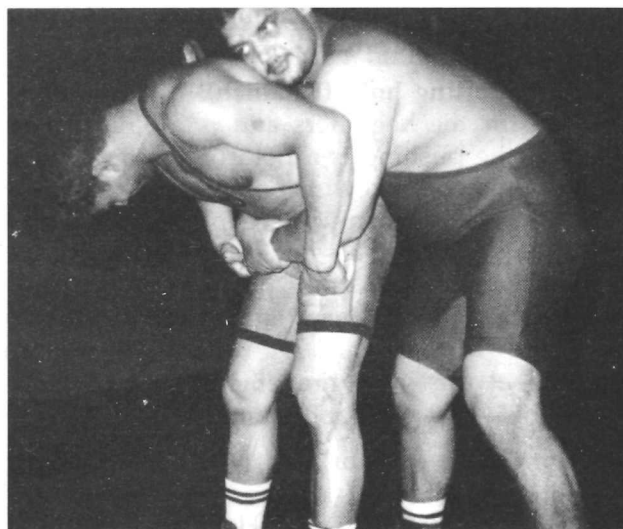


Fig.: 226 (47A) Waist grip & Fingers lock (Tala Pakar)

hands. 3. Right hand up left hand down. 4. Chain of fingers. 5. Surpassing right thumb in left and left thumb in right paw. 6. Tightening the grip. 7. Chest and cheek cling with back portion. 8. Legs parallel.

47. B. Counter (Tor) peeling hands (Hath cheerna):— 1. Holding left wrist from upward with left hand. 2. Surpassing right hand under opponents right hand grasping own left wrist. 3. Pressing opponent left hand down. 4. Separating hands with wrist action. 5. Pushing the hands down ward one by one. 6. Turning face to face.

48. A. Wrist grip & Wrist lock (Ponhachi Pakar):— Wrist lock hold is for beginners which is applied in free style as well as Greco-Roman wrestling. The rural wrestlers still use the same grip and when the opponent catches the hand paw at that time one have to use the wrist grip. When you are assuming the standing position before the opponent than surpassing both hands side ways to his waist and holding the left wrist by the right hand upward make such grip down to the belly on belt. Tightening both hands grip. Clinging the chest with the backside portion of the opponent. Placing right leg in between the legs and putting left leg parallel to it, keep hold him. You can apply the same grip in sitting position also.

Brief details (Nichor):— 1. Back to opponent. 2. Holding waist with both hands. 3. Holding left wrist downward belly upon belt. 4. Clinging hands with waist. 5. Chest and right cheek touched with back. 6. Legs parallel.

48. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Holding left by left hand and right

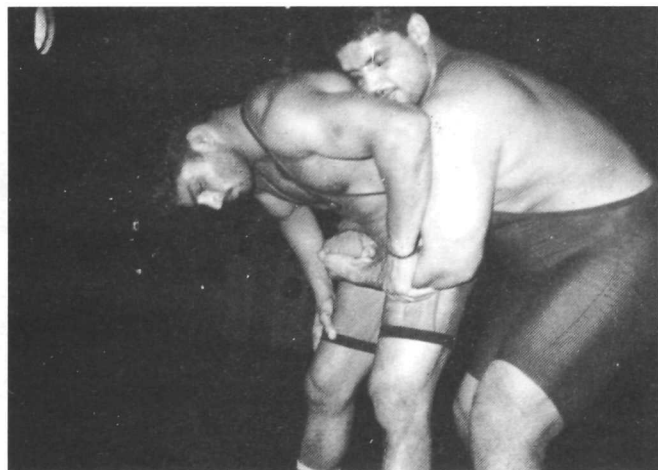


Fig.: 227 (48B) Peeling hands in hands lock

by right. 2. Twisting downward by left and upward by right. 3. Surpassing hands left downward right upward. 4. Pushing hands downward one by one rubbing with thighs. 5. Face to face by turn.

49. A. Thigh press drive (Bhinchani rela):— Because thigh is used in this hold thus it is used



Fig.: 228 (49A) Thigh press drive (Bhinchani rela)

only in free style wrestling. Drive is a patent hold to take the opponent in underneath position. When you are standing before the opponent grasp his waist with the lock from both hands placing the right leg in between his legs and the another leg side ways parallel to the left. Taking left hand down and right hand upward make a both hands grip upon the belt below the belly clinging chest and right cheek with the left portion of his back tighten the hands on waist. Now placing down the left hand upon the left thigh at one make a fast jerk of the hand. Kneeling the left knee down ward putting he body weight and dropping him to the left control him easily.

Brief details (Nichor):— 1. Grasping waist with both hands lock. 2. Both paws combined. 3. Chest and right cheek upon opponents one portion back. 4. Left hand 1/2 feet downward. 5. Kneeling position. 6. Drive to the left. 7. To control the fallen wrestlers.

49. B. Counter (Tor) peeling hands (Hath cheerna):— 1. Grasping the left hand paw by left hand. 2. Holding right hand with the right.

3. Pulling the opponent down or upward bending hands. 4. Rubbing left and right hand down coming in front again.

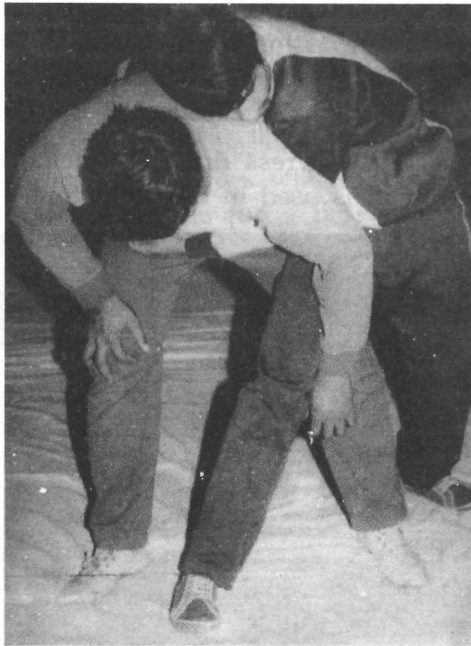


Fig.: 229 (50A) Forward press drive (Chalta Rela)

50. A. Forward press drive (Chalta Rela):—

Because legs are not used in this hold so it is matchless drive to drop the opponent down in Greco-Roman wrestling. When you are assuming the standing positions before the back of the opponent towards left holding the waist with the both hands by the simple lock upon his belt in fingers lock where as the left hand must be downward while the right towards upward placing the right leg in between his legs, as the left sideways., Now lifting own right leg place it forward in between his legs and pushing him forward with both hands jerk drop him down on floor so that his mouth may touch the floor and thus make him flat.

Brief details (Nichor):— 1. Holding waist and hands lock. 2. Left hand down right upward. 3. Tightening the hands. 4. Chest upon the sideways back. 5. Right leg forward in between his legs. 6. Applying drive by bending down. 7. Kneeling position. 8. Controlling upon him by taking out leg.

50. B. Counter (Tor) Side swing (Gadha let):—

1. Grasping right wrist by right hand. 2. Bending the right knee and elbow. 3. Landing right knee and elbow stand. 4. Sitting upon hips 90 degrees legs, turning face side ways. 5. Lifting the opponent in turn sideways fall. 6. Tightening the hands and legs control fall in sitting position.

51. A. Shoulder drive (Mos rela):— This drive is used in free style wrestling which is a good hold

of own kind, when you are standing to opponent's backside hold his waist with both hands in lock and cling sideways with his back. Now passing the both hands downward making a tight grip upon his both thighs and drop him forward down on the mat or soil by pushing with the chest.

Brief details (Nichor):— 1. Waist lock. 2. Hand grip. 3. Both legs backside parallel. 4. Body cling. 5. Bend own knees passing the hands down upon thighs. 6. Tightening the hands forward drive. 7. Falling downward 8. Controlling the wrestlers.

51. Counter (Tor) High sit out (Khari Dasrang):— 1. Flattening the legs forward. 2. Looking up side upper jerk of chest. 3. Peeling hand left from left, right from right. 4. Raging forward. 5. Peeling hands by jerk. 6. Turning the body in air and face to face.

52. A. Cross leg drive (Chanti rela):— To hold the opponent it is also a good drive. When you are assuming the standing position behind the opponent, grasp his waist with both hands in simple lock. Now cling you body with him and lift his left ankle up catching with left hand and surpassing the right leg within his legs crossing his right leg fall him down forward with a sharp jerk. Thus control his waist at once in underneath position.

Brief details (Nichor):— 1. Waist seized in hands lock. 2. Left hand paw downward right upward. 3. Tightening the hands. 4. Hitting the standing leg by right leg. 5. Drive with clinging. 6. Dragging down again holding waist.

52. B. Counter (Tor) Scissor (Kainchi):— 1. Cross scissor at drive. 2. Turning towards right placing hands sideways. 3. Hitting by the left leg



Fig.: 230 (52A) Cross leg drive (Chanti rela)

back of legs. 4. Both legs scissor. 5. Sitting upon hips and hands stand. 6. Holding the opponents fall by dropping back.

53. A. Cross ankle drive (Anti rela):— When you are standing behind the opponent holding his left ankle with both hands encircle it in left armpit and applying ankle knot of right leg in his right leg ankle flatten him forward with jerk. Now at the same movement grasping his waist both hands control him.

Brief details (Nichor):— 1. Encircling waist in lock. 2. Oversiezing the ankle in armpit. 3. Applying right ankle knot. 4. Control him in kneeling position.

53. B. Counter (Tor) Side swing (Bagal roomei):— 1. During the waist holding grasp left wrist in left hand. 2. Holding right thigh by right hand bending down. 3. Sitting down kneeling on right leg. 4. Turning face and swinging resting upon the hips and elbows. 5. Turning in the sitting position. 6. Throwing the opponent sideways in the pinning position. 7. Control him fall by tightening the grip by turning the face.

54. A. Buttocks Drive (Dhaket rela) :— It is such kind of drive that one can drop down the camel in the place of a wrestler when you are standing before the opponent grasp his waist in a simple lock from the belt. Now releasing his waist catch the left ankle by left hand and right ankle by right hand. Now pulling the ankles and pushing his hips with sport of the head in kneeling position and fall him down forward on fours as a result of that his face



Fig.: 232 (53A) Cross ankle drive (Anti rela)

and forehead automatically be stroke with the floor. At once control him by waist hold.

Brief details (Nichor):— 1. Holding the waist under lock. 2. Left paw down right up side. 3. Grasping the ankles by hand. 4. Pushing hips by head in kneeling position. 5. Dropping down holding waist.

54. B. Counter (Tor) Forward jerk (Jhatka):— 1. At movement placing the hands down. 2. Jerking forward upon paws. 3. Peeling legs by jerk. 4. Face to face by turning.

55. A. Kick drive (Ghutan rela):— When a wrestler drops his opponent down by kick drive the spectators whisper that what magic he have done to drop him. It is also a free style hold. When you are standing behind oversiezing the waist of the opponent with hands under lock. Placing the right leg in between his legs and left leg sideways parallel to it at a short distance cling with his right back facing towards sideways. Now pushing his buttocks by your right thigh with a sharp jerk or push falling himself in the kneeling position in the same movement control him from his back easily.

Brief details (Nichor):— 1. Oversiezing the waist in lock. 2. Left right paws down and up. 3. Clinging the body and hands with waist. 4. Right leg in between legs. 5. Pushing the buttocks with the right thighs. 6. Forward drive. 7. Control him in kneeling position.

55. B. Counter (Tor) Leg hold (pabba):— 1. Bending forward opening legs. 2. Bending between legs holding the opponents right ankle. 3. Lifting up and pulling. 4. Sight upside. 5. Sitting upon the leg. 6. Fall the opponent behind.



Fig.: 231 (53B) Standing switch (Khari Bagal roomei)

56. A. Back leg drive (Chakri Rela):— It is a free style wrestling hold. We can name this hold a magic of Bengal from which a wrestler is flatten. When you are standing behind the opponent gripping the left right paws hold his waist with both hands clinging with his sideways. Now placing own left leg behind the opponents left heel and right leg behind his right heel in opposite directions and pulling his waist back side being separate to him, straightening the legs at 45 degrees angle, land on the left buttock, sideways facing towards left in a semi-circle. He will fall down in a round and control him in flat or kneeling position.

Brief details (Nichor):— 1. Holding waist in lock. 2. Left and right hand paws grip. 3. Clinging body and hand with his back. 4. Both legs behind the heels in opposite direction. 5. Pulling waist drive to left side. 6. Flattening the legs. 7. Landing on left buttock. 8. Landing left knee coming over.

56. B. Counter (Tor) Side leg bar (Pustang):— 1. Holding right wrist by left hand. 2. Making stand or right hand bending forward. 3. Shooting the right leg outer his leg. 4. Turning looking sideways. 5. Sitting upon buttocks pulling the hand and scissor. 6. Controlling fall in sitting position.

57. A. Back heel drive (Duchanti rela):— It is free style wrestling hold. Hold his waist in a simple lock and keep your legs parallel to each other. Now tightening the hands with the belt. After this hit his left leg from bottom by right leg rubbing the mat and make a more distance within his legs hitting his former leg by your left leg likewise. Now pull him backside by a sharp jerk and control his back by land your knees down.

Brief details (Nichor):— 1. Grasping waist with both hands. 2. Both legs parallel. 3. Simple lock. 4. Tightening hands clinging. 5. Hitting by right leg



Fig.: 234 (56A) Back leg drive (Chakri Rela)

upon his left hitting by the another leg upon former. 6. Pulling back by jerk. 7. Controlling him by kneeling position.

57 .B. Counter (Tor) Side leg bar (Pustang):— 1. Holding right wrist from left hand and placing right hand bending down. 2. Crossing the right leg to his right left outside. 3. Turning the body with the face bending buttocks. 4. Controlling the fall by pulling hand.

58. A. Side pull drive (Ulti Khench):— It is a free style wrestling hold and sitting drive from which many heavy wrestlers can be fall fell down. When you are sitting upon the opponent holding him towards left side, placing your left hand reverse upon his neck catch his right hand from the shoulder. More over this grasp his right ankle by the right hand landing the left knee and standing the left leg. Now fall him by dragging towards you

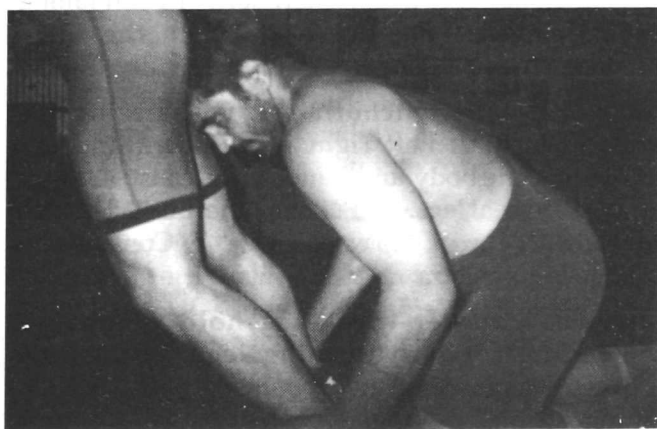


Fig.: 233 (54A) Buttuks drive (Takkar Rela)

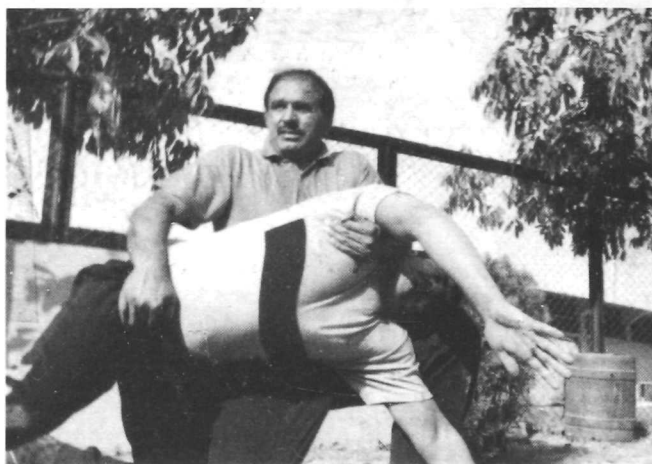


Fig.: 235 (58A) Side pull drive (Ulti Kherch)

by hands with full force and shooting the legs backside control him fall by putting weight upon him. In orient style wrestling this hold is applied by catching the under wear in place of ankle.

Brief details (Nichor):— 1. Sitting position placing left hand holding shoulder. 2. Grasping right ankle from right hand. 3. Landing the left knee, right leg standing. 4. Pulling him reverse by both hands jerk. 5. Fall him by flattening. 6. Controlling the opponent fall by shooting legs back.

58. B. Counter (Tor) Body over (Dhenkli):— 1. Encircle hand upon the standing leg. 2. Throwing the body upon the force of the opponent. 3. Controlling fall placing weight.

59. A. Back drive (Jhonk rela):— It is a very important hold of free style as well as Greco-Roman wrestling. Hold of sitting the opponent reverse. When you are holding the waist of the opponent in sitting or standing position from backside, when he is bending a bit at any time then drop him towards back by jerk, pulling him towards back.

Brief details (Nichor):— 1. Holding the belt from backside. 2. Pulling him towards back. 3. Controlling his back.

59. B. Counter (Tor) Sit out (Dasrang):— 1. Shooting the legs in front. 2. Shooting the hands downward. 3. Lifting the chest upside. 4. Peeling the hands in air lift. 5. Turning reverse by jerk. 6. Face to face in kneeling position.

60. A. Leg trip drive (Jerk rela):— It is a free style wrestling hold to fall down the opponent forcibly. When you are standing behind the opponent holding his waist in hands lock. Placing your legs parallel to each other backside to legs. Now bending own legs



Fig.: 236 (59A) Back drive (Jhonk rela)

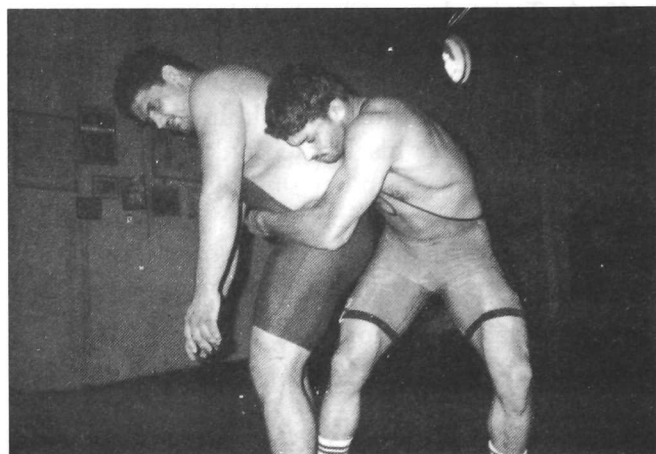


Fig.: 237 ((61A) Turning drive (Ghumman rela)

down and shooting the knees in the back joints of his knees drop him sideways left and control him there in kneeling position.

Brief details (Nichor):— 1. Hands lock from behind. 2. Both legs parallel. 3. Both knees in opponents joints. 4. Drop him sideways by clinging. 5. Control him in kneeling position.

60. B. Counter (Tor) Barat (Barat):— 1. Holding both legs reverse. 2. Turning by landing the knees. 3. Fall him down placing the back upon him.

61. A. Turning drive (Ghumman rela):— It is a free style wrestling hold. It is the best of all drive from which a wrestler falls bitterly. When you are standing behind the opponent holding his waist belt in hands lock, tightening the hands, close your right leg with the heel of opponents left leg in left direction. Now pulling his waist by straightening the hands and landing the left knee with a sharp jerk in a semi-circle turning the face towards left side. As a result of that the opponent will fall in a round badly. In the falling time you must stand up with the support of your elbow and left knee and hold him in the kneeling position.

Brief details (Nichor):— 1. Holding the waist in lock from behind. 2. Left hand down and right up. 3. Closing the leg before right leg heel. 4. Pulling by the hands left knee landing. 5. Pulling the opponents landing on the knee drag him down in semi-circle. 6. At once coming over the opponent.

61. B. Counter (Tor) Leg bar (Pustang):— 1. Holding right wrist from own left hand. 2. Right leg bar outside leg. 3. Turning face towards right lifting buttocks and pulling hand. 4. Sitting upon buttocks after turning. 5. Pulling the hand of the opponent sitting upon the buttocks. 6. Controlling him full.

62. A. Twist drive (Chanti Rela):— It is also a free style wrestling hold it is also a good drive of its own kind. When you are assuming the standing position from behind hold his belt under and hands lock. Now grasping his left leg ankle lifting it up apply your right leg as a bar shifting it crossing the opponents right leg from inside. Now drop the opponent forward down with a sharp push and control upon his waist in flat position.

Brief details (Nichor):— 1. Holding waist in hands lock. 2. Left hand downward right upside. 3. Lifting left ankle. 4. Hit the right leg upon opponents right leg cross wise. 5. Drop him down by sharp push.

62. B. Counter (Tor) Scissor (Kainchi):— 1. Left crossing his left. 2. Right leg crossing behind opponents legs. 3. Ragging towards right place hand down. 4. Right legs crossing him behind legs. 5. Sitting upon buttocks after turning. Secure a fall. 7. Sitting upon hands controlling him fall.

63. A. Front leg pick (Pat Nikalna):— Leg pick is a important hold in free style wrestling. It is a permanent hold from which the opponent falls direct. When both of you are standing face to face in right stance then you take a position towards right from front. Now stepping ahead and kneeling the right leg upon the floor lift his left leg up grasping it in such a position encircling the ankle by left and holding his back joint from the right hand pressing it by left shoulder. Straightening his left leg make stand upon leg paw only. Now tightening his leg with pull and jerk of the shoulder knee fall him immediately in front of you and stepping forward grasping him in underneath position control him fall in flattening position.

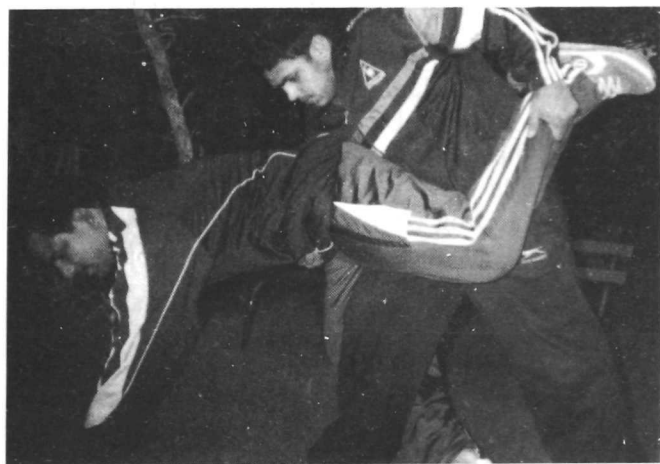


Fig.: 238 (62B) Scissor (Kainchi)



Fig.: 239 (62A) Twist drive (Chanti rela)

Brief details (Nichor):— 1. Right stance face to face. 2. Right knee upon the mat at 90 degrees. 3. Clinging right shoulder upon thigh. 4. Encircling the leg with both hands and picking up. 5. Left leg straight upon the paws. 6. Falling opponent by push and pull. 7. Stepping forward control the fall.

63. B. Counter (Tor) Neck trouble (Sirkhora):— 1. Bending the left leg hooking in back. 2. Sitting in hanuman stance. 3. Grasping under the buttocks. 4. Rolling the opponent dropping leg upon him.

64. A. Leg pick up (Ek Pat):— It is a free style wrestling hold. It is very simple and fine hold to take down the opponent which should be learnt by every wrestler. When both you are fighting on the right stance lift the opponents right leg up by holding it in both hands turning the head towards left side take it in right side. Holding his ankle lifting it high bending down turning the head towards left lift his left ankle from left side. Now pulling his left leg drop him down forward and hold his waist in flattening or kneeling position.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting the right leg in left side. 3. Holding the ankle by left hand. 4. Surpassing the head sideways holding left ankle by right hand. 5. Pulling the ankle. 6. Dropping the opponent. 7. Holding the waist.

64. B. Cross the holding leg (Kainchi):— 1. Turning downward coming sideways. 2. Dropping down reverse applying scissor. 3. Sitting upon both hands and buttocks after turn. 4. Pressing him fall by scissor.

65. A. Leg pick up and back bar (Adoons pat):— Leg tackle is a important free style hold. It is a permanent grip hold from which the opponent falls down. As the method of applying is same yet the holds are quite different. When both of you are fighting face to face assuming right stance stepping ahead place the right foot in between the legs and surpassing the head sideways, lift his right leg by both hands up down grip hold it in own left side. Now holding the ankle from the left hand lift this front upward. Bending the head to left side. Surpassing right hand above his thigh grasp his left ankle. In this continuation lifting his ankle upward and putting weight upon his thigh pulling his ankle with full force and pushing him forward with the sharp jerk fall him down and control his waist immediately.

Brief details (Nichor):— 1. Right stance face to face. Holding right foot in left side. 3. Holding ankle from left hand. 4. Head sideways. 5. Holding another ankle by right hand surpassing from thigh. 6. Lifting left hand and pressing thigh by chest. 7. Controlling waist with both hands.

65. B. Counter (Tor) Leg jump (Ektangi Kood):— 1. Leg pick up by opponent. 2. Jumping upon another leg. 3. Peeling hands during jump. 4. After peeling hands during jump. 5. After peeling hands face to face.

66. A. Ankle Pick up (Ek Mujja):— This type of ankle pick up is a important hold of free style wrestling. When both of you are fighting upon the right stance in face to face position kneeling the right leg in between his legs at 90 degrees stand. Keeping the head inside hold his right legs ankle from your left hand. Now making the stand of left



Fig.: 240 (64A) Leg Jump (Ektangi Kood)



Fig.: 241 (56A) Leg pick up and back bar (Adoons pat)

leg lifting the head lift his leg upon the left shoulder. Now kneeling the left leg and standing the right leg up in hanuman stance hold his lifted legs ankle in right hand and turning sideways holding his right thigh from the left hand from downward turning your waist in between his legs slip towards his backside and hold his waist belt with both hands in a simple lock.

Brief details (Nichor):— 1. Face to face right stance. 2. Landing right knee in between legs. 3. Head between legs. 4. Holding right leg with left hand. 5. Stand of right hand. 6. Lifting head taking upon the opponent on left shoulder. 7. Landing left knee and right leg standing. 8. Turning left holding ankle by right hand and catching thigh by left. 9. Heading behind by turning. 10. Holding waist with both hands.

66. B. Counter (Tor) Jerk (Jhatka):—1. Lifting left leg over the head turning back. 2. Releasing ankle by forward jerk. 3. Landing both hands. 4. Releasing legs by means of jerk again and again.

67. A. Ankle pick up and turn (Do Mujje):— It is also a good free style hold of holding the opponent's body. When both of you are fighting face to face in standing position upon right stance so to applicate this hold, grasp his both ankles by landing your right knee a bit forward in between his legs surpassing the head under his belly and lifting the waist upward landing the left leg and standing the right leg make hanuman stance. Turning towards left hold his down thigh from left hand and holding ankle from upward, surpassing towards behind. Now siezing his waist from left



Fig.: 242 Ankle fick up (EK Mujja)

and right hand simultaneously control over his waist.

Brief details (Nichor):— 1. Face to face right stance. 2. Landing right knee. 3. Holding ankle with both hand. 4. Lifting up by landing knees. 5. Hanuman stance. 6. Left hand under the right thigh. 7. Holding right from ankle right hand. 8. Turning waist left side. 9. Holding with left and right hands.

67. B. Counter (Tor) Front jerk (Jhatka):— 1. Forward jerk. 2. Holding ankles by the opponent jerking at once. 3. Becoming free and coming face to face.

68. A. Ankle pick wrist grip (Ek mujja):— It is also a free style wrestling hold to control or pin the opponent. It is a decent hold which should be learnt by all the wrestlers. When both of you are fighting face to face in standing position landing the right



Fig.: 244 (67A) Ankle Pick up & turn

knee upon the mat taking the head inside grasp his right ankle by left hand now standing the right hand on the mat lift your head upside take him upon your left bout. Now he will be hung in reverse position upon your back. After this landing your left knee and standing your right leg making hanuman stance grasping the right ankle from upward, keep turning towards left and surpassing the head outside the legs turning mouth to the left lifting the left up likewise that his waist may be siezed in your left armpit. Now turning to the left and pressing the waist pin him forcibly. He will be falling gathered in your left side.

Brief details (Nichor):— 1. Face to face right stance. 2. Hold the right ankle from left hand. 3. Head inside. 4. Right knee upon mat. 5. Left hand stand. 6. Landing left knee hanuman stance. 7. Holding right ankle from right hand. 8. Turning left hands circle. 9. Twisting left side pinning.

68. B. Counter (Tor) Throat trouble (Gal khora):— 1. Bending his right leg pulling opponents neck inside. 2. Hanuman stance towards left. 3. Left hand in between buttocks and stand right hand. 4. Turning face legs throwing upon the body.

69. A. Side push head drag (Khainch Mujja):— It is also a fine wrestling hold to take down the opponent. When you are standing upon the right stance placing your right hand upon the opponent's neck grasp the left hand by your left. Now encourage him to step forward by means of pushing him back and bend his neck downward forcibly. Surpassing his right hand in your right side by slow drive or pull place your right knee beside his right



Fig.: 243 (68A) Ankle pick up and turn

leg. In this continuation holding his right ankle by right hand separating the left hand from the arm place it upon the left waist. Now standing up and going back encircle his waist from both hands and control him there.

Brief details (Nihor):— 1. Right stance. 2. Placing right hand upon the neck. 3. Holding arm from left. 4. Bending the neck down. 5. Pushing back pull towards right. 6. Left leg forward placing right knee. 7. Holding right ankle. 8. Holding left waist from left hand.

69. B. Counter (Tor) Leg jerk:— Ragging forward releasing ankle by jerk. 2. Turning back and face to face position.

70. A. Arm drag and ankle hold (Dasti Mujja):— It is a free style wrestling hold from which the opponent is siezed in a jerk. When fighting on right stance face to face take the opponent on same stance and grasping his right wrist from left hand and right arm from your right hand down ward pull his hand in right side. Now making left hand free lift his ankle from this and holding right thigh from the right hand turning the waist by left at once pass behind him and likewise control his back from both hands.

Brief details (Nichor):— 1. Face to face upon the right stance. 2. Holding right wrist from left and right arm from right hand. 3. Pulling arm drag



Fig.: 245 (70A) Arm drag and ankle hold (dasti)



Fig.: 246 (69A) Side push head drag (Khainch)

surpass him towards right. 4. Lifting the left ankle by holding it by left hand. 5. Holding right thigh and waist by left hand. 6. Going behind holding his waist.

70. B. Counter (Tor) Combination hold (Sakhi):— 1. Grapine right leg in opponents same leg. 2. Bending forward. 3. Holding the arm with hands. 5. Turning face. 6. Holding full in kneeling position.

71. A. Hand swing and ankle hold (Kalai Mujja):— It is also a free style hold and this ankle hold is one of all of its own kind. When both of your wrestler are standing upon the right stance then like this that grasp his both the wrists from upper side. Now loosening his hand and swinging sideways surpass in the left side with a sharp jerk and land the left knee side ways catch the opponents right ankle from the right hand. In this continuation grasp his left ankle behind by extending the left hand clinging the right shoulder with his leg pull both the ankles towards you and drop him forward. Now control him easily.

Brief details (Nichor):— 1. Right stance face to face. 2. Grasping both wrists. 3. Swing the hands towards right. 4. Landing the left knee. 5. Grasping left ankle from left hand and right ankle from right. 6. Pulling right ankle with the sport of right shoulder. 7. Dropping forward holding the waist.

71. B. Counter (Tor) Leg Pull (Jhatkan):— 1. Turning the face reverse. 2. Bending and stepping forward to release the grip. 4. Releasing the leg taking face to face position.



Fig.: 247 (72A) Lower head drag (Jhonka)

72. A. Lower head drag (Jhonk):— It is also a free style wrestling hold. It is also applied like the aforesaid hold whereas a bit of difference is these. When you are standing upon the right stance in face to face position grasp both his arms. Push him a little behind to step him forward. As soon as he step forward taking your left hand under his arm raising his arm above swing it by force towards right. Now holding the arm from left putting the left step outside forward and landing the right knee beside his leg grasp his right knee by right hand. Now going behind seize his waist by left hand and coming towards back control his waist in both hands lock.

Brief details (Nichor):— 1. Grasping the both arms of the opponent at right stance. 2. Pushing back swing the hands towards left. 3. Stepping left leg forward. 4. Holding right knee. 5. Grasping arm from left and knee from right hand. 6. Holding the waist with both hands.

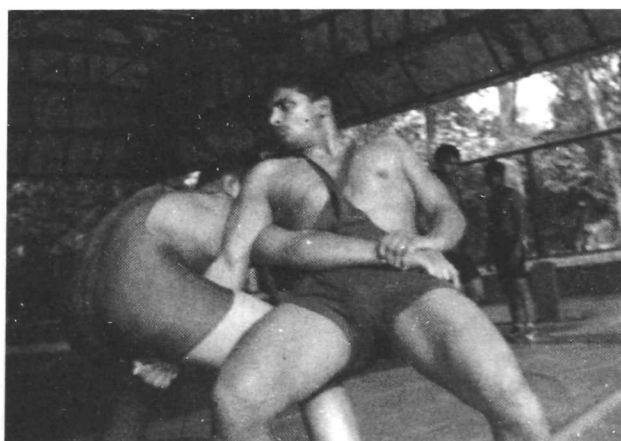


Fig.: 248 (73A) Wrist grip standing switch (Kalai band Roome)

72. B. Counter (Tor) Leg Jerk:— 1. Releasing the leg by jerk stepping forward in ankle grip. 2. Releasing the leg turn face to face.

73. A. Wrist grip standing switch (Kalai band roome):— It is a decent hold of free style wrestling from which one can seize the opponent's waist from face to face position. This kind of switch also likewise as above but it applying method is different which is likewise. When both of you wrestlers are fighting face to face upon the right stance then grasping his right wrist from your left hand. Pulling towards left and placing the right step outside surpass your right hand upon his arm and put into his thigh and moreover stretching both legs forward and place the right buttock down facing upward sit down in this position. Now putting whole body weight upon this right arm with your right arm jerking the belly up facing upward lessen his hand. Now facing towards right turn towards the opponent with a sharp jerk and hold his waist quickly at first from left and then from right hand.

Brief details (Nichor):— 1. Right stance face to face. 2. Grasping right wrist from your left hand. 3. Surpassing right hand upon arm grasping inner thigh. 4. Right leg out side. 5. Pressure of the hand. 6. Sitting upon right buttock stretching the legs. 7. Belly and face upward. 8. Turn facing towards right. 9. Waist jerk. 10. Holding the waist from left and right hands.

73. B. Counter (Tor) High running switch (Khari Roome):— 1. Switch hand putting into opponents thigh. 2. Placing right leg outside. 3. Strecthing legs forward and raising the chest upward. 4. Loosen his right hand by hard pressure. 5. Facing right turning in the sky. 6. Stepping forward controlling the waist neck.



Fig.: 249 (73A) Wrist grip standing Switch (Khari roome)



Fig.: 250 (74A) Short switch (Pari Roome)

74. A. Short switch (Pari Roome):— There is no hold equivalent to this to turn out from underneath position which is a free style wrestling hold. When you are taking the underneath position in control of opponent to apply short switch assume the kneeling position apart to left side. Lifting the right knee cling it with the left knee land upon the another buttock on 90° angle. Now surpassing the left hand crossing his left arm drop it in his left thigh making the stand of right hand. Turning the face towards left putting pressure upon his arm by your hand resting upon your left buttock jerking upside with the belly hold his right sides waist with your right hand by means of sharp turn of the body and holding his waist with both hands control him there.

Brief details (Nichor):— 1. Himself underneath the opponent. 2. Kneeling position. 3. Clinging the right with the left. 4. Landing on left buttock at 90 degrees angle. 5. Surpassing the right hand in the thigh upon the arm. 6. Stand on right hand. 7. Pressure upon the arm and jerk of the waist. 8. Turning of body facing right. 9. Holding back from left right hand.

74. B. Counter (Tor) Body over (Dhar Marna):— 1. Stand of hand and head. 2. Lifting the legs throwing the body over. 3. Crossing the legs upon opponents body. 4. Controlling the opponent by body weight pressure.

75. A. Arm Bar Switch (Sandiya Roome):— All type of switches are of free style wrestling. This type of switch is used upon the opponent who is applying short crotch. When the opponent is applying short crotch upon your left hand. At the same time straighten your left hand to back side

put your same hand in his left thigh facing the palm upside while in kneeling position on 90 degree clinging your right knee with the left knee land at once upon your right buttock on 90 degree angle making the stand of right hand. Now pressing upon his hand facing to the sky. Keep your self in motion to come up over the opponent and with a sharp jerk and turn reach upon his back and control him by holding his waist.

Brief details (Nichor):— 1. Himself underneath the opponent. 2. Straightening the crotch hand back in thigh. 3. Kneeling position clinging the right knee with left. 4. Landing upon the right knee on 90 degrees. 5. Stand of right hand. 6. Pressure upon the hand. 7. Jerk of waist. 8. Facing upward moving in circle. 9. Holding the back by sharp body turn.

75. B. Counter (Tor) Body over (Dhar Marna):— 1. Making stand of hand and head. 2. Throwing the body upon him. 3. Crossing the legs upon body. 4. Controlling the opponent by body weight pressure.

76. A. Power switch (Lamlet Roome):— It is also a free style wrestling hold. This kind of switch is also applied from underneath position but it's applying method is different with the other switches. While in underneath position take kneeling position and throw your legs forward landing upon the buttocks. Now surpassing your left hand upon his left arm reach the hand under his thigh and taking the direction of the legs in same side. Keep moving in the circle standing upon the right hand and left buttock. Putting pressure upon his arm by jerking the waist turn over upon his and hold his both hands control.



Fig.: 251 (76A) Armbar Switch (Lamlet Roome)



Fig.: 252 (77A) *Sitting switch (Baithi Roome)*

Brief details (Nichor):— 1. Underneath the opponent. 2. Straightening the hands forward. 3. Surpassing the hand in thigh from arm. 4. Right hand stand. 5. Waist jerk and turn. 6. Controlling the back.

76. B. Counter (Tor) Body over (Dhar Marna):— 1. Stand of hand and head. 2. Throwing the body over the opponent. 3. Crossing the legs upon his body. 4. Control him fall by putting body weight.

77. A. Sitting switch (Baithi Roome):—This type of switch is something different than the other switches which is a patent hold of fall when you are sitting underneath the opponent in kneeling position make yourself close towards right and bending forward surpassing your right hand from upward his arm putting it into the right thigh making the wrist grip tight lifting the opponents leg with your hand fall him towards right with a turn and control him fall.

Brief details (Nichor):— 1. Sitting position under the opponent. 2. Closing towards the left. 3. Bending right side turn and right hand into the thigh. 4. Holding left wrist with the left hand.



Fig.: 253 (78A) *Simple head arm slip (Sadharan Lokan)*

5. Turning towards right. 6. Sitting upon the left buttock pinning towards right.

77. B. Counter (Tor) Body over (Dhar marna):— 1. Body over on switch. 2. Basing upon hand and head throwing the body over. 3. Crossing the legs lifting own body with hands jerk. 4. Pinning the opponent putting the body weight.

78. A. Simple head arm slip (Sadharan Lokan):— It is an important hold of Greco-Roman wrestling. It is a so bold hold which take the braves in kneeling position when you are fighting upon the right stance place your right hand upon his neck and holding the left arm from the right hand place your right leg in between his legs. Now bending towards left side pull his neck by jerk and pushing the hand towards the sky taking down keep it forward. Likewise he will bend before you. Now holding his waist with both hands drop him by means of drive and control his back.

Brief details (Nichor):— 1. Right stance. 2. Hands upon one another neck. 3. Holding down arm with right hand. 4. Right leg in between opponent legs. 5. Pulling neck lifting the hand. 6. Taking hand down keeping forward. 7. Holding waist with both hands.

78. B. Counter (Tor) Peeling hands:— 1. Taking hand down turning face. 2. Holding the another hand. 3. Taking the hands down turn by turn. 4. Face to face after turning.

79. A. Throat trouble (Halkun Lokan):— It is also a Greco-Roman wrestling hold. Standing upon the right stance place your left hand upon his neck. If the opponent wrestler place his right hand upon your neck in exchange or you should try that he may place his hands putting your right hand upon his arm grasp his arm from inside. Now placing own left leg in between his legs pulling the neck bending left sideways facing left and taking down his hand from the neck take him in front of you by



Fig.: 254 (79A) *Throat trouble (Halkun Lokan)*

jerk. Now holding his waist with both hands and driving forward on the mat touching his nose. Afterward control his waist.

Brief details (Nichor):— 1. Right stance. 2. Right hand upon the throat. 3. Right leg between legs. 4. Facing left bending down. 5. Pushing the neck by jerk. 6. Stepping the right leg forward. 7. Taking down the hand from head. 8. Holding the waist with both hands. 9. Touching opponents nose by forward drive.

79. B. Counter (Tor) Throat trouble:— 1. Opponents right hand upon neck and left touching throat. 2. Placing left hand upon his neck. 3. Left hand surpassing in his throat.

80. A. Front head arm slip (Khari Lokan):— It is also a Greco-Roman hold the opponent is thrown fastly down. If it is applied while standing upon the right stance. Pull his neck placing your left hand. Then the applicant automatically with place right hand upon your neck. Now by means of pulling pushing take him upon the Revers stance. Placing your right leg in between his legs close your right hand look under his left arm. Now putting weight upon the right leg, pull his neck facing towards left slipping down his hand upon your neck by means of your hands hook. Pull him down with a jerk for flat. Upon the mat and control him from behind with the both hands grip.

Brief details (Nichor):— 1. Right stance. 2. Hands upon each under neck. 3. Right leg in between his legs. 4. Right hand hook under his arm. 5. Bending forward facing left pulling neck. 6. Lifting and slipping arm by means of hook. 7. Facing reverse slipping the hand down. 8. Oversiezing the waist with both hands. 9. For a flat position at the applicant.



Fig.: 255 (82A) Neck lever body press Bagal Jharap



Fig.: 256 (81B) Back spin (Jholi)

80 .B. Counter (Tor) Back spin (Jholi):— 1. Applying slip back opponent. 2. Oversiezing the opponent with both hands. 3. Lifting up the legs grip. 4. Pinning the opponent behind.

81. A. Hands snap head arm slip (Dasti Lokan):— It is also a Greco-Roman wrestling hold. When you are standing upon right stance face to face place your right hand upon the opponent neck in such motion that he may also place his left hand upon your neck in exchange. Now grasping his wrist take down his hand and pull it forward with a sharp jerk so that you may be able to reach back and hold his waist with both hands.

Brief details (Nichor):— 1. Right stance. 2. Hands upon each others neck. 3. Holding wrist by left hand. 4. Pulling neck and wrist jerk. 5. Holding back with both hands.

81. B. Counter (Tor) Back spin (Jholi):— It is the excellent hold of Greco-Roman wrestling. When you are stamping upon the right stance in face to face position. Place your right hand upon his neck and grasp his right hand with your left oversieze his neck in your right armpit. Now lifting his right hand upside surpass your left hand upon his back through his armpit changing your stance. Now pressing his neck and back down fall him facing towards right.

Brief details:— 1. Standing face to face. 2. Left hand upon the right upon the neck. 3. Oversiezing the neck in right arm pit by pulling. 4. Right hand surpassing upon the back through armpit. 5. Right leg in between legs. 6. Pressing the opponent with both hands and fall.

82. A. Neck lever body press (Bagal Jharap):— It is the excellent hold of Greco Roman wrestling. When you are standing upon the right stance in face to face position, place your right hand upon his neck and grasp your right hand with your left and oversize his neck within your right armpit. Now



Fig.: 257 (82B) *Duck under (Wkher)*

lifting his right hand upside surpass your left hand upon his back through your armpit changing your stance. Now pressing his neck downward fall him facing towards right and control him.

82. B. Counter (Tor) Duck under (Ukher):—

1. Grasping thigh and oversiezing heck by another hand. 2. Leg in between opponents legs. 3. Lifting leg turning face motion in circle. 4. Falling towards right.

83. A. Pushing hold (Dhakka):— Pushing hold is a action to spoil the position and take him underneath by sharp drive is the hold of Greco-Roman wrestling. When both of you are in standing position in face to face and the opponent is sitting in a spoiled position, so to spoil his position more, push him back side at once by means of his both hands placing upon his front shoulders. He either will fall to backside or in helpless position you can control him easily.

Brief details:— 1. Opponent face to face sitting in spoiled position. 2. Both hands push upon shoulders. 3. Falling him reverse. 4. Controlling him by waist.

83. B. Counter (Tor) Down hold (Jhonka):—

1. Bending down at pushing action. 2. Placing hands and knees down. 3. Sitting quite reverse.

84. A. Pulling grip (Khench):— Like the pushing hold the pulling grip also is a hold to spoil the position of the opponent. When the opponent is sitting face to face in any position and bending down grasping his head by one hand and shoulder by another hand pull him forward with force and stepping backside in circle control his waist and take him under control.

Brief details (Nichor):— 1. Face to face standing and sitting position. 2. Pulling head and shoulder. 3. Reaching back side. 4. Holding the waist.

84. B. Counter (Tor) High leg variation (Khari Paten nikalna):— 1. At pulling action fixing the stance in between his legs. 2. Holding the thighs. 3. Shoulder upon thigh, head sideways. 4. Falling him back by pulling of hands and pushing by shoulders. 5. Putting weight control him fall.

85. A. Double pulling grip (Dhori Khench):— It is also a Greco-Roman wrestling hold of force which is like the above but there is difference of grip only. When you are standing and the opponent is taking any sitting position face to face likewise pull his both shoulders with both hands and immediately step back side in circle and control him from behind.

Brief details (Nichor):— 1. Face to face standing and sitting position. 2. Pulling both shoulders with hands. 3. Stepping behind. 4. Controlling him underneath.

85. B. Counter (Tor) High leg variation (Khari Pat nikalna):— 1. While pulling place the stance between his legs. 2. Grasp the thighs with hands. 3. Shoulder with thigh head sideways. 4. Pull of hands and push of head fall him reverse. 5. Control him fall with weight pressure.

86. A. Double ankle tackle (Do uran Mujje):— All kinds of ankle tackles belong to free style wrestling. You can apply double ankle tackle when its position is formed during the fight otherwise you can apply this kind of hold from face to face



Fig.: 258 (85A) *Double pulling grip (Dohari Khainch)*

position. When both of you are fighting face to face upon the right stance, placing the right knee in between his legs in circle his both thighs with the hands keeping the head inside. Now lift him up by straightening your trunk and in kneeling position. After this place your hands downward the thighs and lifting him up throw him behind upon your head with full force as he will fall down and control him there putting weight.

Brief details (Nichor):— 1. Face to face right stance. 2. Landing the right knee. 3. Keeping the head inside. 4. Holding the ankles with hands. 5. Lift him up upon the shoulders. 6. Kneeling position, lifting both thighs throwing him fall behind. 7. Control the opponent fall.

86. B. Counter (Tor) Front jerk (Jhatka):— 1. Holding both ankles by opponent. 2. Jumping forward upon his head forcibly. 3. Releasing the hold standing face to face.

87. A. Double ankle tackle (Dohari khench Mujja):— It is also a free style wrestling hold. It is hold of taking the opponent underneath. When both of your are fighting upon the right stance in face to face position then placing the both knees straight upon the mat oversieze the both ankles of the opponent with both hands keeping the head inside his legs. Now straightening your trunk lift the opponent upward, so that both of his legs placed upon your shoulders. Now lifting the right knee basing upon the paw form the hanuman stance grasp the opponents right leg ankle with your right hand from upside. After this placing he left hand under the thigh turning to the left pull his leg towards back side and making the left hand free encircle his waist. Now holding the waist from the right hand control him from behind.



Fig.: 259 Double ankle tackle (Do uran Mujje)

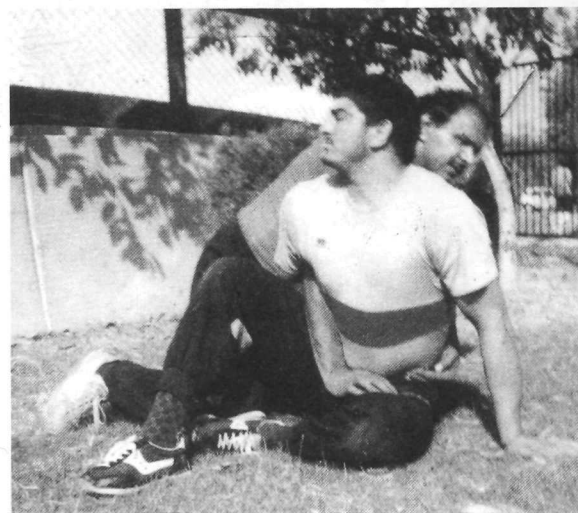


Fig.: 260 Sitting switch (Baithi Roome)

Brief details (Nichor):— 1. Face to face position. 2. Holding both ankles. 3. Kneeling position. 4. Head between legs. 5. Lifting upward. 6. Hanuman stance. 7. Holding right ankle by right hand. 8. Hand under the thigh. 9. Pulling leg. 10. Holding with both hands from behind.

87. B. Counter (Tor) Throwing behind):— 1. Holding the opponents ankles with both hands. 2. Jerking backward reverse fall. 3. Control the opponent in fall position.

88. A. Double ankle tackle (Do bangri Mujje):— It is also a free style wrestling hold. When both of you are fighting face to face position, for application of this hold kneeling on the mat at right angle surpassing the head in between his legs grasp his both ankles by spreading the hands forward and at the same time lift him up upon the shoulders by straightening the trunk. Now naturally he will grasp your ankles for defences will place the hands upon the back. Now hold his elbows tightly in both hands. Lifting the head up throwing him and falling him behind spread your legs forward.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Holding ankle surpassing head inside legs. 3. Lifting up by raising trunk. 4. Binding the hand reverse. 5. Raising head sit up position. 6. Throwing him behind rolling upon head. 7. Controlling fall in up down position.

88. B. Counter (Tor) Bridge (Pul):— 1. Indulging under the sit up hold. 2. Lifting the shoulders up. 3. Making bridge basing upon legs hand head. 4. Moving outside arena after 3 rolls.

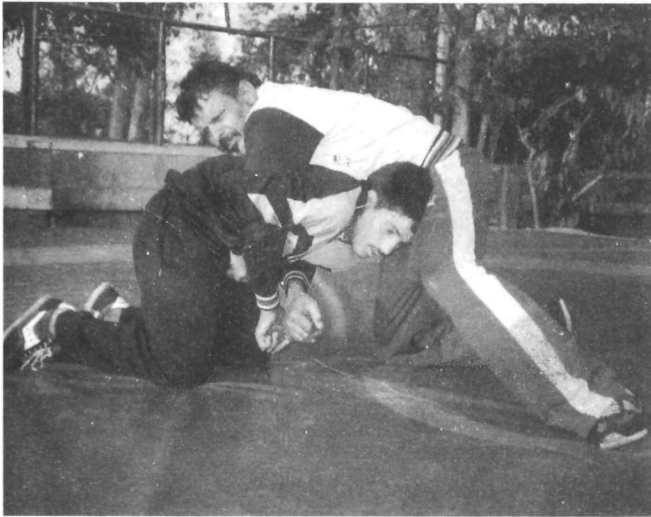


Fig.: 261 (88B) Bridge (Pul)

89. A. Double ankle tackle (Dohari Khainch Mujje):— It is also a good hold of free style wrestling to control the opponent while face to face himself in kneeling position hold his both ankles entering head inside and raising own head up left him upon the shoulders know making Hanuman stance kneeling the left knee and right leg stand grasp his right ankle from the left hand and turning to the left hold his thigh from inside. Now pulling his leg hold his waist from both hands and control from behind.

Brief Details (Nichor):— 1. Face to face and himself kneeling knees. 2. Holding ankles entering head in. 3. Raising head lifting opponent on shoulders. 4. Making Hanuman stance holding right ankle. 5. Holding thigh from left hand turning sideways. 6. Pulling leg from both hands. 7. Holding waist from behind and controlling.

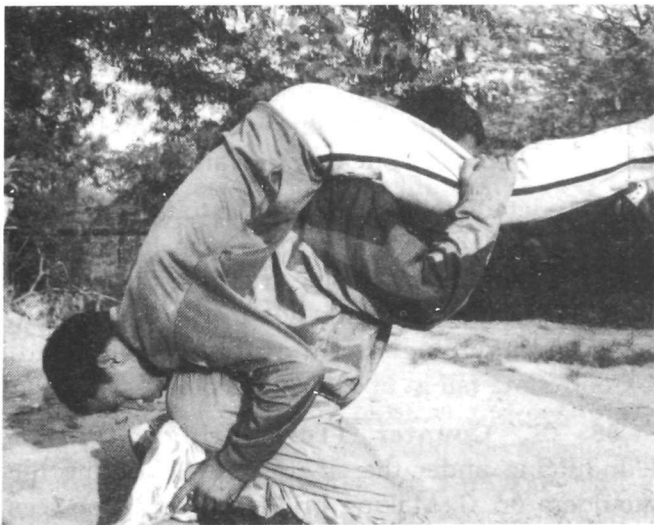


Fig.: 262 (89A) Double ankle Tackle (Dohari Mujja)

89. B. Counter Rolling back ward (ulta fenkra)
 1. Lifting the thighs upon shoulders tran face to face
 2. Lifting the thighs up roll him backward
 3. Control the fall by titling weight

90. A. Short lift (Dhibbi):— It is a popular hold of oriental style wrestling which is applied by holding the upper wear of the wrestler from behind but it can be used in Free Style Wrestling also. While standing behind the opponent wrestler holding his upper wear of buttocks from both hands lifting him up with physical power applying left leg hit sideways upon his left leg swinging him towards the right side drop him bitterly towards your left and control his waist from both hands taking him underneath. In free style wrestling you can hold his waist from both hands in the place of holding the upper wear and then apply the hold onwards.



Fig 263 (90A) Short lift (Dhibbi)

Brief details (Nichor):— 1. Holding the opponent from behind. 2. Grasping his upper wear from both hands downward the buttocks. 3. Lifting the opponent up from both hands power. 4. Applying left leg hit sideways. 5. Dropping sideways to the left. 6. Controlling him from behind.

90. B. Counter (Tor) Leg bar (Pustang):—
 1. Holding right wrist from left hand.
 2. Straightening the right leg behind as outer leg bar.
 3. Placing right hand straight. 4. Turning face, raising up the buttocks turning. 5. Landing upon buttocks legs scissor. 6. Pinning opponents sideways by rolling.

91. A. Head drags (Khasote):— When you have to raise the trunk of the opponent or compail him to step forward you can apply head drags. Pulling

the opponents head by placing upon the neck with both hands one by one is called the head drags. Pulling his head upon the neck from right hand and then from left and right hand simultaneously with full power thus he will raise his turn up or will try to step forward. Thus you will be able to apply your hold upon such defence.

Brief details (Nichor):— 1. Placing right hand upon the head. 2. Pulling the head down and slipping the hand. 3. Placing another hand. 4. Pulling the head and slipping the hand. 5. Pulling head one by one.

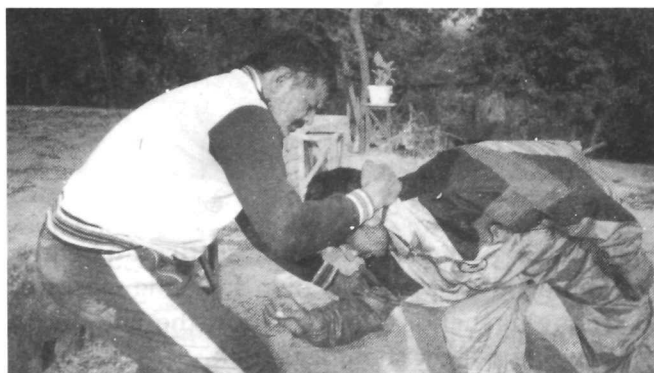


Fig 264 (91A) Head drags (Khasote)

91. B. Counter (Tor) Leg tackle (Pat Nikalna):— 1. Bending down holding both thighs. 2. Placing right leg between his legs. 3. Head sideways to the left. 4. Pushing by right shoulder pinning backward. 5. Controlling fall by pumping weight.

92. A. Paw grip head drags (Panji Khasote):— This is the same hold as the above having a bit difference while standing face to face spreading the right hand paw placing upon his head pull the same down and slipping the hand place left hand and thus right hand simultaneously pulling his head down and then try to apply your pet hold upon him.

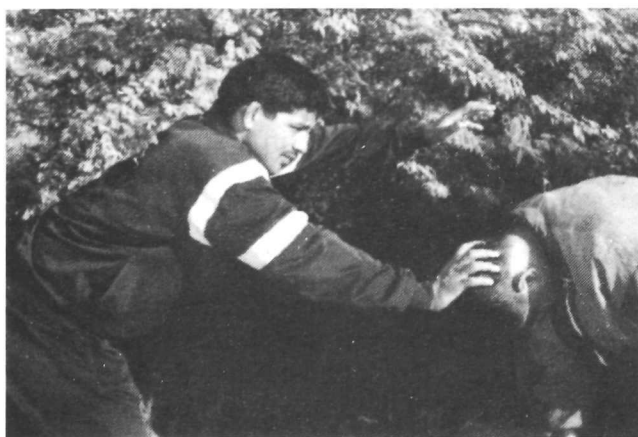


Fig.: 265 (92A) Paw grip head drags (Panji Khasote)

Brief details (Nichor):— 1. Face to face upon right stance. 2. Placing hand paw upon his head. 3. Pulling head down and slipping hand. 4. Placing another hand and so on. 4. Applying own hold raising the head.

92. B. Counter (Tor) Leg tackle (pat Nikalna):— As above.

93. A. Hands split standing grip (Gunthan Khari Pakar):— It is a standing position of oriented style wrestling which can be used in free style also, while standing face to face upon the right stance place your right hand upon his neck and in exchange he will also place his right hand upon your neck, then put your left hand upon his right arm crossing it as he also cross your right hand. It is a one kind of standing grip.

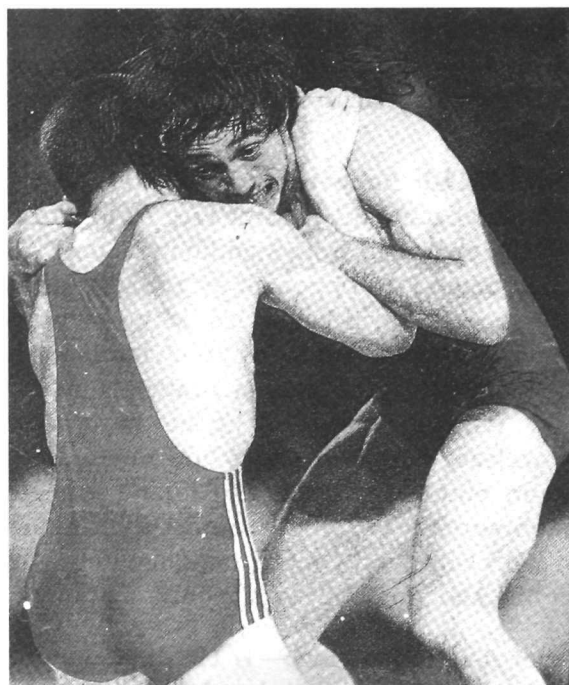


Fig.: 266 (93A) Hands split standing grip (Gunthan Khari Pakar)

Brief details (Nichor):— 1. Face to face upon right stance. 2. Placing right hand upon his neck. 3. Opponent places right hand upon your neck. 4. Place your left hand crosswise. 5. Opponent place his hand crosswise.

93. B. Counter (Tor) Jerk hold (Jhatka):— 1. Pulling both hands from jerk, bending neck. 2. Releasing the hold.

94. A. Side Salto (Bagal Putthi):— It is a promising International hold of free style wrestling while standing behind the opponent wrestler hold his waist in wrestler grip below his belly standing

close behind his back bending the knees clinging chest with his buttocks. Now lift him in a arc with a sharp jerk facing the sky. Turning the face towards changing the right hand upon the right shoulder, landing the left knee sitting in Hanuman stance placing left hand down pin him placing his both shoulders touching upon the mat.

Brief details (Nichor):— Holding the wrestler from behind. 2. Waist lock grip below the belly. 3. Closing the chest with his buttocks. 4. Lifting the opponent in arc. 5. Changing right hand upon shoulder. 6. Landing in Hanuman stance facing left. 7. Placing left hand down. 8. Pinning the opponent placing both shoulders upon the mat.

94. B. Counter (Tor) Leg bar (Pustang):— 1. Holding right wrist from left. 2. Placing right hand. 3. Shooting right leg as outer leg bar. 4. Sitting upon buttocks in scissor movement. 5. Rolling the opponent. 6. Pinning sideways pulling the wrist.

95. A. High Salto (Unchi Putthi):— It is the International standard hold of Free style wrestling to pin the opponent from standing position. While standing behind the opponent overseizing his waist make a wrestler grip below his belly closing your chest with his chest and fixing your chin in his back lift him up with a jerk making a rainbow arc facing the sky. When his legs reach up and head becomes down release hands to allow him to be dropped down in pinning position and taking a kneeling position surpass your both hands upon his chest from both sides and control the fall tilting weight upon him shooting both legs behind.

Brief details (Nichor):—1. Holding opponents waist from behind. 2. Both hands grip below belly. 3. Closing chest with his buttocks. 4. Lifting opponent bending knees, in rainbow shape.

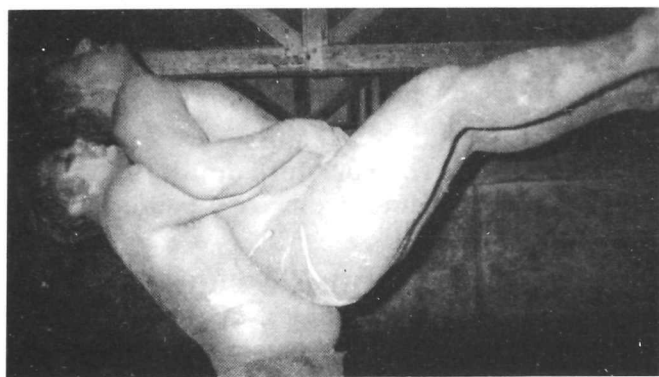


Fig.: 267 (96A) Back Salto (Ulti Putthi)

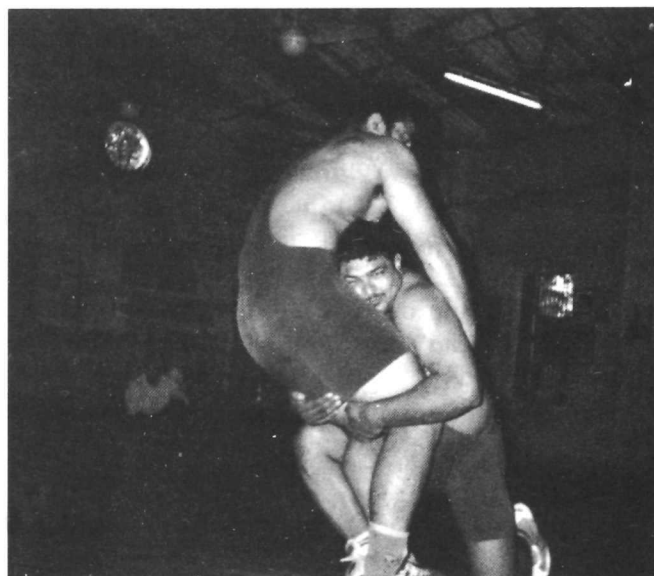


Fig.: 268 Leg tackle (Pat nikalna)

5. Releasing him down from sufficient height. 6. Pinning the opponent, own kneeling position. 7. Changing hands placing upon the shoulders. 8. Pumping weight shoot legs back.

95. B. Counter (Tor) Leg bar (Pustang):— As above.

96. A. Back salto (Ulti Putthi):— It is also a world famous hold generally applied in world championship and Olympic. While holding the opponent from behind in wrestlers grip, bending the knees and keeping close the chest with his buttocks lift the opponent up in the rainbow shape from a sharp jerk make a bridge basing upon your head back side throwing the opponent behind you placing his both shoulder upon the mat or soil and control there fall.

Brief details (Nichor):— 1. Holding the opponent from behind in wrestlers grip. 2. Closing the chest with his buttocks. 3. Bending Knees lifting opponent upward in rainbow shape making bridge. 4. Pinning him behind you in a arc. 5. Controlling fall by tight grip.

96. B. Counter (Tor) Leg bar (Pustang):— As above.

97. A. Front Salto (Samne Ki Putthi):— It is also a promising International hold of Free style wrestling to pin the opponent directly from face to face position while standing face to face upon the stance surpassing both your hands into the armpits of the opponent closing with him make a wrestlers



Fig.: 269 (97A) Front Salto (Samne Ki Putthi)

grip upon his back. Now lifting him up by bending your knees in a rainbow shape facing the sky take a immediate turn in the air hitting his sideways leg from your left leg and pinning him in a rolling movement pump your body weight upon him.

Brief details (Nichor):— 1. Face to face upon stance. 2. Holding opponent's upper portion.

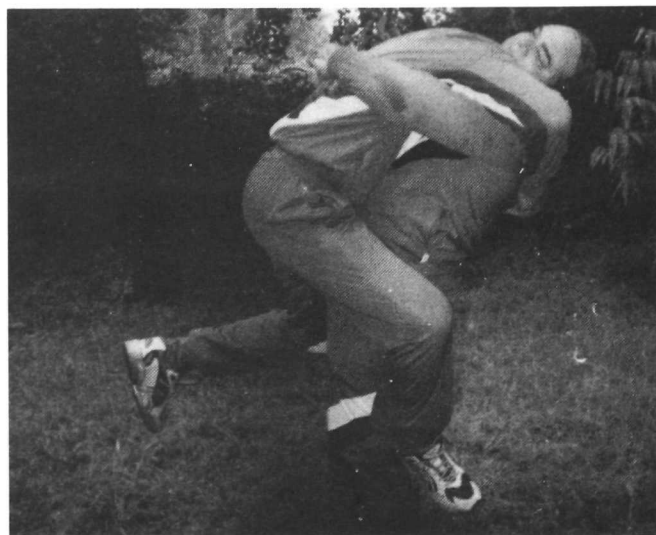


Fig.: 270 (97B) Counter Leg Crush (Baja)

3. Lifting him in rainbow shape by close contact. 4. Take turn in the air, leg hit. 5. Pin him rolling. 6. Pump body weight upon him.

97. B. Counter (Tor) Leg Crush (Baja):—
1. Holding opponents upper portion. 2. Pulling the opponent. 3. Applying outer leg hit behind him. 4. Pinning him backward.

International standard control, break down and riding holds and the counters. Conditioning exercises for application of holds.

Sitting grips, standing and sitting rides, scissors grind mills, step over, hook rides, hands bars, belly scissors, cross body rides, cross face bars, standing guillotine and International holds and the counters.

In this chapter controlling and riding holds are given which start after dropping the opponent downward upon the mat or mitbe. Though controlling the opponent and stopping the action is against the wrestling rules because if the action is stopped referee blows his whistle to stand the both of the wrestlers up yet if this action will remain and the rules are always changes. When a wrestler is upward upon his opponent in riding position, he continues his action any how in which sitting grips, standing and sitting rides, scissors, grind mills, step over hook ride, hand bars, belly scissors, cross body rides, face bars, standing guillotines etc. holds and the counters are given. This type of hold need not

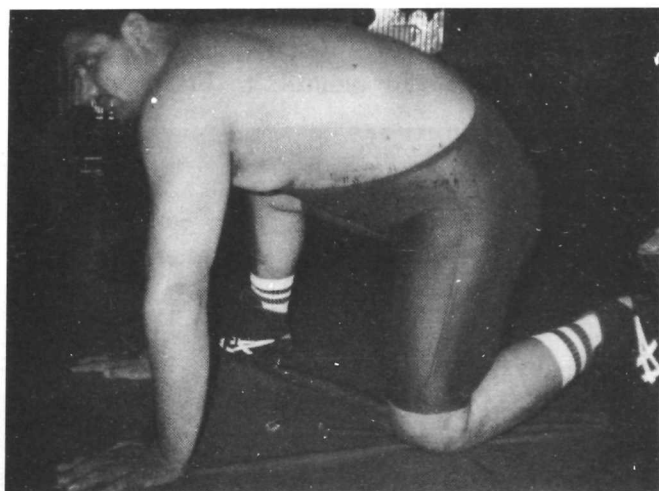


Fig.: 271 *Conditioning Exercises Sitting Position*



Fig.: 272 *Conditioning Exercises of Step over*

for the parallel conditioning exercises to control the opponent in underneath position, the upward should sitting sideways hold the opponent from both hand grip upon his waist any other position press him downward or fall him but if he rolls in the flat position then controlling him down apply any hold or stop him. Likewise step over leg upon him as a cycle man sits upon the cycle lifting one leg up. So one should apply scissor on the opponent like this. After this in the grind mill one have to move in the circle after taking the opponent under the chest which is simple action. Likewise in belly scissor is applied by surpassing the legs both sides downward the thighs by applying both leg trees knot under the belly for which no conditioning exercise is required. In step over one have to lift own leg as for the cycle is lifted and hooking it under the thigh across the waist and in cross body ride pulling the underneath wrestler sideways hooking his leg and putting your body across his

back from which the opponent can not stand at all in hook ride which also a simple hold. For the scissor one can practise in the air without any companion. Placing both your hands in the air. You can practise for the scissor by apply scissor from lifting the legs up. Leaving aside same all the holds are of free style wrestling which are essential to keep the opponent underneath and likewise the counters on the same are important to learn.

1. A. Thigh bar sitting grip (Jangha rok baithi pakar):— This is the olden Indian style grip can be used in free style wrestling. Sitting left upon the underneath wrestler in kneeling position encircling his waist from your right hand surpassing your hand under his thigh. Hold his left hand arm from left hand. Now lifting his thigh up pushing his hand applying floating hold to make the opponent flat and control him there.

Brief details (Nichor):— 1. Right hand encircling the waist and under thigh. 2. Both knees sideways in kneeling position. 3. Holding his left hand from left. 4. Pushing the hand and pulling waist. 5. Lifting the thigh. 6. Making flat.

1. B. Counter (Tor) opposite body throw (Ulti dhenkli):— 1. Placing the hand under chest. 2. Placing the head sideways. 3. Lifting the legs up body throw. 4. Releasing from hold head up. 5. Taking face to face position.

2. A. Knee lock sitting grip (Mujjatala baithi pakar):— It is also promising Indian style as well as free style wrestling hold sitting left upon the opponent in kneeling position towards left place your right knee under his buttock in between his legs holding his waist from right hand and hold his left hand arm from your another hand or surpassing



Fig.: 273 (2A) Knee lock sitting grip (Mujjatala baithi pakar)



Fig.: 274 (1A) Sitting Position (Baithi pakar)

it from his armpit. Push the opponent forward with full force hitting by the knee, so that he may be slipped in flat position and control him easily.

Brief details (Nichor):— 1. Sitting upon the opponent left in kneeling position. 2. Encircle the hand upon waist and under thigh. 3. Placing right knee under buttock. 4. Another hand in left armpit. 5. Making flat by pushing forward.

2. B. Counter (Tor) Switch (Rome):— Surpassing left knee towards right side. 2. Sitting sideways upon buttock. 3. Applying right hand switch. 4. Shooting legs sideways raising chest and head up. 5. Tilting weight upon the upper arm putting hand upon it. 6. Holding waist by means of roll.

3. A. Shoulders hook sitting grip (Kandha fance baithi pakar):— It is also an Indian style wrestling sitting grip which is useful hold for free style wrestling. It is very good grip from which the opponent can be pinned from pulling him only. When the opponent is sitting underneath in kneeling position. Sitting sideways to his left in Hanuman stance placing right knee down and left upward hold his right shoulder putting your left hand upon his neck in reverse position and holding his waist from the right hand hook, pull him sideways with full force and pin him by slipping him sideways.

Brief detail (Nichor):— Opponent sitting downward in kneeling position. 2. Sitting left upon Hanuman stance. 3. Placing left hand reverse upon neck and hooking his shoulder. 4. Hooking his waist from another hand. 5. Pulling him sideways from jerk. 6. Pinning the opponent.

3. B. Counter (Tor) Step over (Dhar):—

1. Grapine the hand with the leg. 2. Placing the head step over. 3. Pinning by tilting weight.

4. A. Cross ride sitting grip (Baithi Pakar):—

It is a free style wrestling hold to control the stronger opponent which is generally used in Indian style wrestling. When the opponent is sitting down in



Fig.: 275 (4A) Cross ride sitting grip (Baithi Pakar)

kneeling position, taking the kneeling position to the left, placing chest weight upon his back and crossing your body towards right surpass your elbows in his armpit and belly side. As soon as he tries to stand up press him down by spread hands and knees side.

Brief detail (Nichor):— 1. Kneeling the knees to left. 2. Body across his back. 3. Placing both hands right side. 4. Elbows hook in hands and legs.

4. B. Counter (Tor) Body over:— 1. To break the sitting grip binding one hand and one leg. 2. Making firemans curry hold. 3. Placing head rolling upon the rival. 4. Pinning the opponent down him self facing sky.

5. A. Frog style sitting grip (Mendhak Baithi Pakar):— It is a Indian style wrestling grip which can be used in free style wrestling. When the opponent is sitting down in kneeling position sit up on him holding his shoulders from both hands like frog. While sitting upon this back like a rider fold your legs.

Brief detail (Nichor):— 1. Sitting upon his back like a rider. 2. Holding both shoulder from hands. 3. Pinning down-up.

6. A. Standing ride (Khari Swari):— It is the promising hold of Indian style wrestling which is

used upto Olympic and world wrestling. While standing face to face upon the right stance let the opponent hold the leading right leg. As soon as he lifts this leg up hook your leg part in his right leg porch from outside his right leg joint and holding shoulders or any above portion try to lift your body up basing upon this leading leg. Hook your left leg in his left leg in his left thigh riding upon the opponent like a horse rider. Now grapine both legs into his thigh and tilting weight upon his back bow down him surpassing your hands into his armpits.

Brief detail (Nichor):— 1. Leading leg holding by opponent. 2. Hooking the leg in right leg point. 3. Lift the body up holdings his shoulders. 4. Putting on their leg across back into thigh. 5. Sitting upon back like a horse rider. 6. Hooking both legs into thigh. 7. Surpassing both hands into armpits. 8. Bowing opponent forward by tilting weight.

6. B. Counter (Tor) upside down roll (Palti):—

1. Sitting in kneeling position. 2. Holding both legs. 3. Side roll and down up position. 4. Pinning the opponent tilting weight reverse.

7. A. Behind standing scissor (Pichhli Khari Swari):— It is also a Indian style wrestling hold.

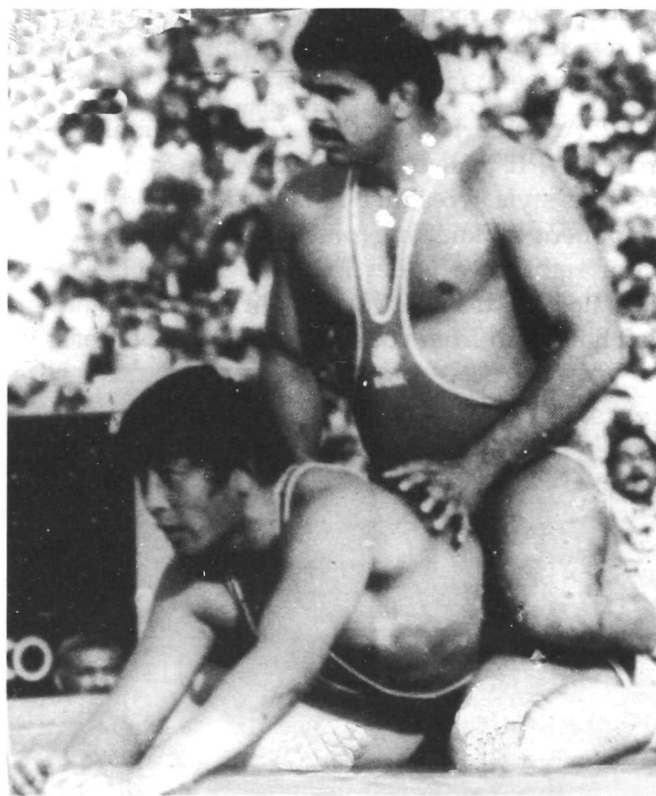


Fig.: 276 (5A) Frog sitting grip (Mendhak Baithi)

While holding the opponent from behind apply leg scissors in his thighs one by one and taking a riding position upon his back, after holding shoulders. Surpass both hands in his armpits and bow him down forward by pinning body weight.

Brief details (Nichor):— 1. Holding waist from behind in standing position. 2. Holding both shoulders. 3. Hooking both legs. 4. Riding upon the opponent. 5. Tilting weight upon him.

7. B. Counter upside down roll (Palti as above.

8. A. One leg hook (Kani Swari):— It is also an Indian style wrestling hold now days which is used in free style wrestling. Sitting left upon the opponent pulling him sideways by both hands hook your left leg into his left leg and pressing him back from your chest reach across to right side and shoot your right leg backside.

Brief detail (Nichor):— 1. Sitting left upon the opponent. 2. Pulling him sideways. 3. Hooking left leg in his leg. 4. Tilting body weight across his body. 5. Shooting right leg backward.

8. B. Counter (Tor) Rolling hold:— 1. Binding opponents right hand. 2. Rolling forward upon head. 3. Pinning up down.

9. A. Arm Hook ride (Band Swari):— It is a famous hold of free style wrestling which is used in world and Olympic wrestling. While sitting left upon the opponent pulling his body sideways hooking his left leg put your chest upon his body



Fig.: 277 (7A) Behind standing scissor (Pichhli Khari Swari)



Fig.: 278 (9B) Counter Rolling Hold (Ghoom)

going across shooting the right leg backward, dive forward on 45 degree angle taking power from the right leg and opening the opponent hook his left hand by your left leg and pin him accordingly facing to opposite side.

Brief detail (Nichor):— 1. Hooking in underneath wrestlers left leg. 2. Tilting weight upon his back across his body. 3. Right leg backward. 4. Diving upon 45 degree forward. 5. Pinning by hooking left hand. 6. Facing to another side.

9. B. Counter (Tor) up down Turning hold (Ghoom):— 1. Surpassing another knee sideways. 2. Sitting sideways upon the buttock. 3. Hand stand. 4. Reaching upon the opponent.

10. A. Reverse ride. (Ulat Swari):— It is only riding hold of Indian style wrestling which is generally used in free style wrestling. While sitting left upon the opponent pulling his waist from your both hands hooking your left leg in his side leg reach towards right side across his body shooting the right leg behind. Now holding his right ankle from your right hand and make him flat by tilting body weight and placing left hand elbow upon the mat surpass the hand palm under the thigh and face towards the sky.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Hooking left leg in to his leg. 3. Body across his back. 4. Shooting another leg behind. 5. Holding right ankle from right hand. 6. Left hand elbow upon mat. 7. Making the opponent flat.

10. B. Counter (Tor) Rolling hold (Dhenkli):— 1. Binding his left hand from own right hand. 2. Rolling upon head in up-down position.

3. Pinning the rival by tilting body's backside.
4. Or pressing fall by turning flat.



Fig.: 279 (10A) Reverse ride. (Ullat Swari)

11. A. Arm bar scissor (Sadi-Sawari):—It is a world famous free style wrestling hold to pin the underneath wrestler. Pulling the kneeling opponent sideways and hooking his left leg and putting body weight across his back and shooting right leg behind surpass your left hand upon his neck from his armpit. Making both hands grip and twisting his neck and rolling towards left reverse pin him by releasing the hook.

Brief detail (Nichor):— 1. Sitting left upon the opponent. 2. Pulling the rival hooking left leg. 3. Putting body weight across back. 4. Surpassing left hand upon the neck. 5. Both hands grip. 6. Twisting his neck and pinning reverse. 7. Releasing the hooked leg.

11. B. Counter (Tor) Rolling hold (Dhenkli) :—
1. Binding his left hand from own right hand.
2. Rolling upon hand in up down position.
3. Pinning the rival by tilting body weight upon him. 4. Or pressing the fall by turning flat.

12. A. Turn ride scissor (Nikal Sawari):— It is a old Indian style wrestling hold. While in sitting position pulling the opponent sideways hook your left leg into his left. Crossing his back bone and tilting body weight upon him shoot your right leg behind and holding his right ankle from both hands make him flat. Now rolling him towards left side pin him by releasing your hooking leg.

Brief detail (Nichor):— 1. Hooking left leg into his left leg. 2. Body across the back bone. 3. Holding

- right leg from both hands. 4. Rolling towards left.
5. Releasing the leg.

12. B. Counter (Tor) Rolling hold (Dhenkli):—
1. Binding his left hand from own right hand.
2. Rolling upon head in up down position.
3. Pinning the rival by tilting body weight upon him. 4. Or pressing the fall by turning flat.

13. A. Twist ride scissor (Maror Swari):—It is also a promising hold of free style wrestling to pin the opponent in sitting position. Pulling the rival in sideways hook your left leg into his left leg crossing his back bone bowing your turn to another side shoot your right leg behind. After this hold his right leg ankle in reverse right hand grip placing left hand towards left roll him towards left side by lifting his leg up and sitting upon the buttock, turning your face towards left and pin him forcibly.

Brief detail (Nichor):— 1. Sitting upon the opponent towards left. 2. Pulling him sideways. 3. Hooking your left leg into his left leg. 4. Body across his backbone. 5. Shooting right leg backward. 6. Holding right ankle in reverse grip. 7. Placing left hand towards left. 8. Rolling him towards left from lifting the leg up. 9. Pinning sideways lifting leg and sitting upon buttocks. 10. Facing another side.

13. B. Counter (Tor) Ragging (Rigasna):—
1. Surpassing both knees sideways. 2. Changing the body direction. 3. Slowly ragging sideways. 4. Releasing from the hold.

14. A. Ride scissor (Ghur Sawari):— It is a promising and most important hold of free style wrestling to pin the underneath opponent. Pulling the opponent hooking your left leg and crossing his back bone to right side tilting body weight upon

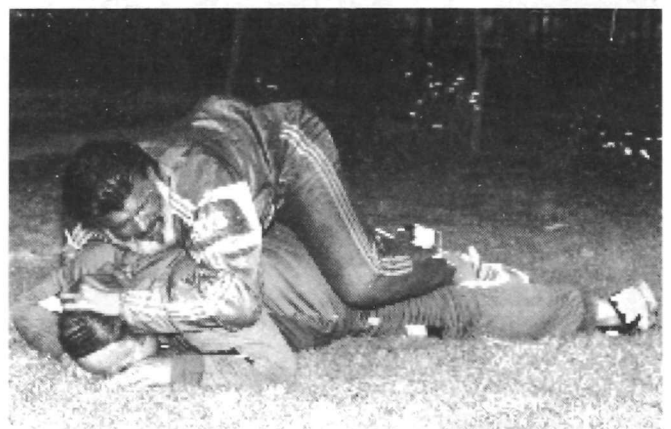


Fig.: 280 (13A) Twist ride scissor (Maror Swari)

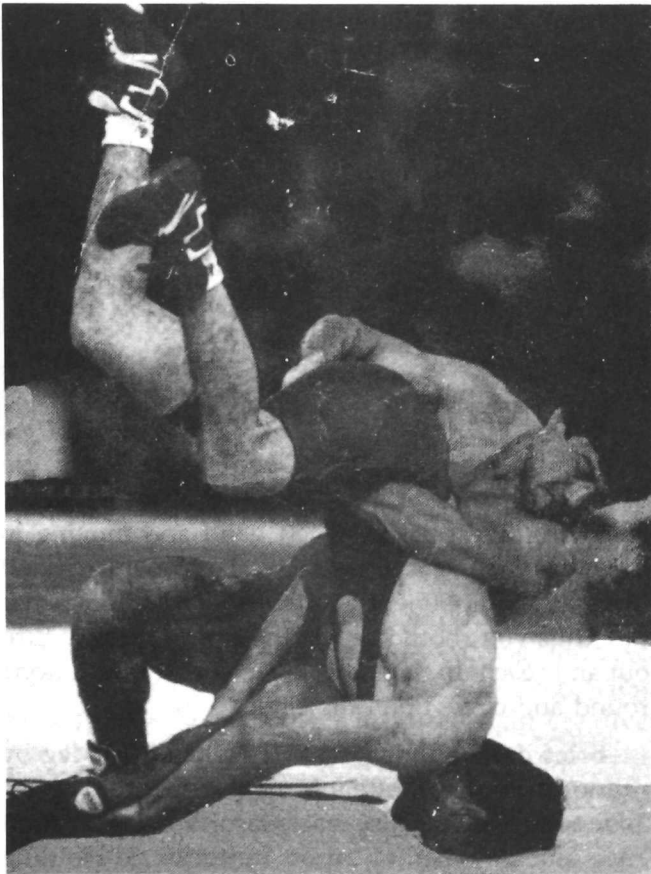


Fig.: 281 (13A) *Twist ride scissor (Maror Swari)*

him shoot your right leg behind. Now entering your head with hand in his armpit encircle his neck from left hand making right hand stand upon the mat. After this twisting his neck and raising own head up in him sideways to the left and control him by twisting body weight upon him.

Brief detail (Nichor):— 1. Hooking the underneath leg. 2. Right leg stand behind. 3. Tilting body weight upon him across backbone. 4. Enter head in his armpit. 5. Hand bar upon neck. 6. Right hand upon mat. 7. Twisting sideways raising head. 8. Pinning and controlling towards left.

14. B Counter (Tor) Rolling hold (Gulant):— 1. Pressing head in the armpit. 2. Rolling upon the head on 45 degree. 3. Falling position up and down. 4. Holding the opponent in pinning position.

15. A. Ride scissor reverse roll (Ulat ghurswari):— It is top most and world famous artful hold of the world to pin the opponent in parterre position, while from left side pulling the opponent sideways, hook your left leg into his leg and putting body weight across his backbone cross his body placing your right leg behind. After this

holding his right hand from your right hand grip surpassing head into his armpit and left hand upon his neck. Now facing towards the opponent pulling his hand down roll towards right side with a diving jerk so that the opponent may be pinned rolling upon your body towards right side. Now you can release your leg hook.

Brief detail (Nichor):— 1. Hooking the underneath wrestler's leg. 2. Right leg stand. 3. Body across his backbone. 4. Pumping weight crosswise. 5. Head in opponent armpit. 6. Left hand upon the neck. 7. Holding right hand wrist. 8. Reverse rolling pulling the hand. 9. Press fall after roll.

15. B. Counter (Tor) Rolling hold (Gulant):— 1. Pressing the opponent. 2. Rolling upon the head 45 degree. 3. Pinning the opponent down and himself up.

16. A. Far Scissor (Rok Swari):— It is also a patent hold of free style wrestling to pin the opponent from kneeling position. While sitting left upon the wrestler pull his waist sideways and hooking your left leg into his leg reach across his backbone to right side, shooting the right leg behind dive forward with a sharp jerk and opening the opponent placing the right hand upon the mat and sitting upon the buttocks pull his right ankle towards you and fall him accordingly.

Brief details (Nichor):— 1. Leg hook into the leg of sitting wrestler. 2. Tilting weight upon the opponents back. 3. Right leg shooting behind. 4. Diving crosswise with sharp jerk. 5. Sitting upon the buttocks. 6. Placing right hand of pulling right ankle and pinning the opponent sideways to left facing another side.



Fig.: 282 (15A) *Ride scissor reverse roll*



Fig.: 283 (16B) Counter Rolling hold (Gulaut)

16. B. Counter (Tor) Rolling hold (Gulauti):—

1. Pressing the opponents neck in right armpit. 2. Lifting lower portion rolling 45 degree upon the head. 3. Fall one upon other. 4. Holding the fall by pumping weight.

17. A. Near scissor (Ari Swari):— It is also a patent hold of free style wrestling to pin the opponent from sitting position. While hooking left leg into his left leg reach across his back bone tilting body weight upon his back shooting right leg backward. Now apply sarotha grip of both hands or left hand from the left shoulder and right hand from the left shoulder and right hand beyond the right thigh. Now releasing the left leg shooting the left leg forward and sitting upon the right buttock twist him in reverse position to secure a fall.

Brief details (Nichor):— 1. One legged hook. 2. Right leg behind. 3. Body across the backbone. 4. Applying sarotha grip. 5. Shooting both legs forward. 6. Sitting upon buttocks. 7. Pinning him reverse.

17. B. Counter Flat ride (Lamlet Swari):—

1. Holding the upper opponents hand in both hands. 2. Rolling sideways and pinning from roll.

18. A. Cross bar scissor (Uran Swari):— It is also a important hold of free style wrestling to pin the opponent from sitting position. While in sitting position pulling the opponent sideways hooking his right leg reach across right side holding his right ankle from right hand, sitting again on buttocks placing the hand sideways to the left. Now roll him by lifting his ankle up and pin him towards for your left side.

Brief details (Nichor):— 1. Hooking the sitting wrestler's leg. 2. Body across his backbone. 3. Shooting right leg behind. 4. Sitting left upon the buttocks hand stand.

18. B. Bar Scissor (Danda swari):— 1. Crawling upon elbows. 2. Walking forward cross the arena. 3. Realising the grip. 4. Face to face after turning.

19. A. Round scissor (Chakkar Swari):— It is a well known International free style hold to turn out from underneath position. When the opponent hook your left leg from his left leg and tilt weight across your back. All of sudden surpassing your right leg sideways to the left, sitting upon the buttocks on 90° placing right hand straight upon the mat, encircling his waist from left hand and moving in the circle try to pass the body across his back and likewise the opponent act the same and he reaches up. Thus you should repeat the same action to turn out and reach up. Like this it becomes a round upon round and circle upon the circle.

Brief details (Nichor):— 1. Hooking left leg by the opponent. 2. Reaching across his body. 3. Shooting another leg backward. 4. Surpass right knee sideways sitting upon buttocks. 5. Holding waist from left hand. 6. Reaching upon the opponent in circle. 7. Same action by the opponent. 8. Repeating the turn out action again.

19. B. Counter (Tor) Ragging hold (Rigasna):—

1. When the opponent hooking the knee. 3. Surpassing left knee towards right. 4. Sitting upon buttocks, placing left hand. 5. Turn out sideways. 6. Appearing in face to face position.

20. A. Cross face bar ride (Patti Swari):— It is a world famous International hold of free style wrestling to pin the underneath wrestler forcibly.

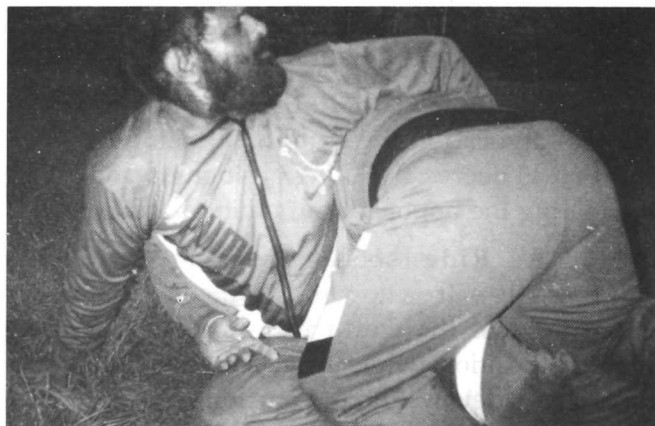


Fig.: 284 (17A) Near scissor (Ari Swari)



Fig.: 285 (20A) Cross face bar ride (Patti Swari)

While standing toward left pulling the opponents sideways hooking his left leg and reaching upon his back across his backbone shoot your right leg behind. Now taking power from the right leg dive forward towards the right to open the opponent and hooking his left hand upon the upper arm from your left hand lie forward facing towards right side. As a result of this neither he will be pinned to your left side or control him in pinning position by applying cross face bar upon his mouth.

Brief details (Nichor):— 1. Hooking leg in opponents left leg. 2. Body weight across the backbone. 3. Right leg behind. 4. Diving forward hooking his arm. 5. Lie upon the rival facing another side. 6. Pinning him applying left cross face bar.

20. B. Counter (Tor) Ragging hold (Rigasna):— 1. Surpass knees in opposite direction. 2. Sitting upon buttock upon 90 degree. 3. Left hand upon the mat. 4. Turn outside way.



Fig.: 286 (21A) Cross face grind mill (Chakki)

21. A. Cross face grind mill (Chakki):— It is very olden hold of India which is naturally used during free style wrestling bouts. The action of the hold is like a grinding mill that is why its name was established. While standing face to face or sitting face to face whenever the opponent tackles your legs at the same time you should spread your legs backside tilting the chest weight upon his back and move in a like a grind mill holding his waist with both hands going clockwise. Take round upon round like a grind mill as the underneath moves and by to go behind him applying cross face bar at the accession.

Brief details (Nichor):— 1. Face to face standing or sitting. 2. Shooting the legs behind. 3. Holding waist, chest upon his back. 4. Taking round upon round like a grind mill. 5. Applying cross face bar. 6. Going behind.

21. B. Counter (Tor) Colundun (Bangri):— 1. Binding both hands elbows. 2. Shooting legs behind. 3. Holding waist chest upon his back. 4. Taking rolling upon round like grind mill. 5. Applying cross face bar surpass behind.

22. A. Step over body ride (Ghurchari):— It is an olden Indian style hold which is promising hold to turn out from underneath position and hold the opponent from behind. It is applied such as the rider lifts his leg up upon the horse to ride thus it is called horse ride hold. When you are sitting underneath in kneeling position surpass your body sideways and try to ride upon the opponent by lifting back portion up and ride upon his back by putting right leg up and hooking it is his right thigh



Fig.: 287 (22A) Step over body ride (Ghurchari)

then turning out from underneath hook your left leg in his thigh and control him from behind.

Brief details (Nichor):— 1. Kneeling position underneath. 2. Turning position underneath. 3. Turning out left. 4. Placing both hands putting right leg upon the opponent like a rider. 5. Hooking right thigh in right thigh. 6. Turn out upon the rival. 7. Hooking another leg. 8. Controlling him from behind.

22. B. Counter (Tor) Sitting buttocks throw Baithi Uchhal:— 1. When opponent raises his leg up. 2. Encircle his waist from left hand. 3. Raising the buttocks turning the face. 4. Applying buttocks throw. 5. Pinning towards right thigh.

23. A. Circle grind mill (Phiya chakki):— It is also a Indian style wrestling hold which is generally seen upon the world mat. The above wrestler move in circle upon the opponent like a grind mill. That is why this hold has been named likewise. From face to face standing or sitting position when the opponent wrestler tackles your legs press him down under your chest spreading and shooting the legs backside and move like a grind mill in the circle to the left or right side. Thus automatically the underneath wrestler will take round also. When the opponents grip becomes loose apply right hand cross face bar and holding his near ankle from your another hand reaching behind control him.

Brief details (Nichor):— 1. Face to face standing or sitting position. 2. Pressing the opponent under chest when he tackles the legs. 3. Shooting legs behind. 4. Both hands grip upon back. 5. Moving sideways in grind mill. 6. Holding right arm as a cross face bar. 7. Twisting near ankle from on hand. 8. Reaching behind during grind mill.



Fig.: 288 (26A) Front hand bar (Takri danda)



Fig.: 289 (23A) Circle grind mill (Phiya chakki)

23. B. Counter (Tor) Hand bar (Danda):— 1. Both wrestlers up-down in grind mill position. 2. Binding the cross face bar hand of the opponent. 3. Applying another hand bar up on the thigh. 4. Pinning the opponent down by jerk. 5. Placing the head throwing body upon him. 6. Pressing him fall by tilting weight upon him.

24. A. Leg Hooking (Kani):— It is a olden Indian style hold used in free style wrestling now a days. The hold is only for making the wrestler flat when the opponent is sitting underneath to your right pulling him sideways hook your left leg in to his near leg and surpass your body crosswise towards another side shooting the right leg behind hold his right upper arm from inside and wrist from right hand pressing him forward with the jerk make him flat.

Brief details (Nichor):— 1. Sitting left upon the rival. 2. Hooking left leg in near leg by pulling him. 3. Surpass the body crosswise to another side. 4. Pulling his right hand. 5. Making the opponent flat from jerk.

24. B. Counter (Tor) Rolling (Gulant):— 1. Holding opponent hand. 2. Rolling upon head. 3. Pinning the opponent in up down position.

25. A. Hooking ride (Namaj Band):— It is Indian style olden hold to stop the underneath wrestler's actions. When you are sitting left of the opponent both in kneeling position. Holding him from behind twist his one leg touching the buttock holding the ankle and pushing it toward by body, likewise twist the another. Make the opponent flat forward lying upon the chest. Now he can not move without releasing him. You can lie or sit there thus

the spectators will laugh upon the underneath wrestler who is folded by you like a ball.

Brief details (Nichor):— 1. Holding the opponent from behind. 2. Twisting one leg holding ankle. 3. Like was twisting another leg. 4. Sitting upon his legs. 5. Making flat. 6. Up and down sitting.

25. B. Counter (Tor) Rolling hold (Palti):— 1. Binding elbows in both hands. 2. Rolling side ways. 3. Pinning. 4. Up down position.

26. A. Front hand bar (Takri danda):— It is a promising Indian style wrestling hold can be used for free style wrestling while standing face to face upon right stance hold his left hand and neck into right both hands grip under your chest. Now pulling him down both in kneeling position apply outer hand bar upon his right leg so that he may be turning in fall position. Placing right hand upon his chest spread your legs back.

Brief details (Nichor):— 1. Holding neck and arm under chest. 2. Pulling down in kneeling position. 3. Right hand bar outside thigh. 4. Rolling and fall.

26. B. Counter (Tor) Leg stretching (Paair Pasran):— 1. Shooting right leg backward. 2. Dropping the applier left and placing own leg upon his chest. 3. Control the fall by turning face.

27. A. Power Hand bar (Rujma Danda):— It is a promising hold of free style wrestling to pin the opponent from face to face standing position. While upon right stance holding the opponent's right hand in left armpit and grasping the upper



Fig.: 290 (28A) Round hand bar (Chakri Danda)

arm from both hands. Pressing the arm by your chin, pulling his hands down, bending the knees forwards, land upon the buttocks applying right hand bar outside the thigh facing towards left lie

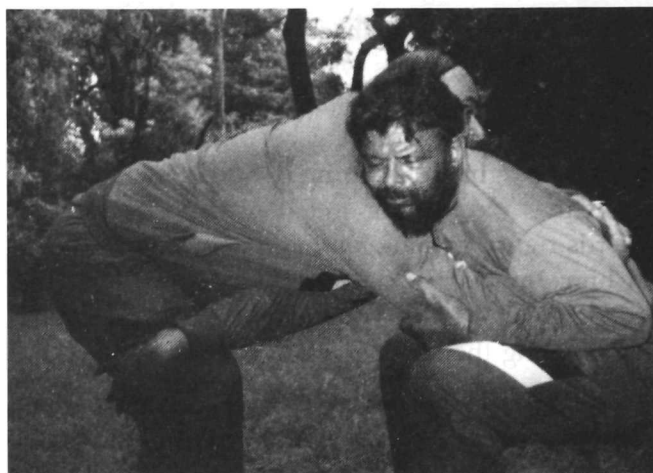


Fig.: 291 (27A) Power Hand bar (Rujma Danda)

down dropping the opponent towards your right side. Now placing the right hand upon his chest control the fall.

Brief details (Nichor):— 1. Face to face standing position. 2. Pressing right hand into left armpit. 3. Holding upper arm from both hands. 4. Fixing chin upon the arm. 5. Bending knees pulling the hand down. 6. Landing upon left buttock applying right hand bar outside chest. 7. Turning left lying down. 8. Pinning the opponent towards right. 9. Placing hand upon chest. 10. Controlling fall.

27. B. Counter (Tor) Body grip (Kaya-kas):— 1. Face to face standing position. 2. Pressing right hand in left armpit. 3. Holding upper arm firing chin. 4. Legs parallel bent. 5. Pulling hand in chair position. 6. Right arm bar upon right thigh. 7. Facing left lying upon left buttock. 8. Placing right hand holding fall.

28. A. Round hand bar (Chakri danda):—It is a simple Indian and free style hold to pin the opponent from face to face position while standing face to face upon the right stance holding his right. Hand wrist from left hand moving left side in a semi-circle and changing the steps apply right hand bar bowing downward and pin the opponent towards right side.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right hand from left. 3. Turning towards left. 4. Applying right hand bar upon thigh. 5. Pinning towards.

28. B. Counter (Tor) Waist grip hold (Kamar Pakar):— 1. Stepping left leg forward. 2. Right hand hook in right hand. 3. Going behind. 4. Holding waist from both hands.

29. A. Turning hand bar (Feri Danda):—It is also a olden Indian style as well as free style wrestling hold to pin the face to face standing wrestler, standing upon right stance. Hooking his right arm hook in opponent's right arm holding right hand wrist shake him neither and the thor and all of a sudden turning towards right applying left hand bar upon his thigh pin him down towards your left side twining the face right side. Place your left hand after pinning him shooting the legs behind.

Brief details (Nichor):— 1. Face to face standing upon right stance. 2. Arm hook from right hand. 3. Holding wrist from another hand. 4. Turning to right. 5. Applying left hand bar upon left thigh. 6. Pinning sideways facing right side. 7. Controlling fall placing left hand. 8. Shooting the legs backward.

29. B. Counter (Tor) Waist grip (Kamar Pakar):— 1. Stepping left leg forward holding waist. 2. Holding from behind.

30. A. Half Nelson hand bar (Hafta Danda):— It is a very good hold to pin the opponent in free style wrestling. While sitting left upon the underneath kneeling wrestler holding his waist from right hand surpass your left hand from him armpit upon his neck. Now taking the side ways position apply right hand bar outside his thigh pin him in front of you with both hands force and control the fall by pumping chest and body weight shooting the legs behind.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding his waist from behind. 3. Surpassing left hand upon his neck. 4. Applying hand bar out side his right thigh. 5. Pinning him in front. 6. Tilting weight and shooting legs behind.

30. B. Counter (Tor) Straightening the legs:— 1. Straightening the legs behind. 2. Turning face to another side. 3. Releasing the hold.

31. A. Cross face bar (Patti):— It is also a patent hold of Indian as well as free style wrestling to pin the opponent from sitting upon the underneath. While sitting left upon the opponent holding his waist from right hand apply left hand cross face bar holding his right arm making Hanuman stance.



Fig.: 292 (29A) Turning hand bar (Feri Danda)

Now grasping his waist or right leg ankle press him towards right side with the sport of chest and pin him accordingly by shooting legs behind.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding waist from right hand. 3. Applying left hand cross face bar. 4. Sitting upon Hanuman stance. 5. Pressing him by chest. 6. Pinning sideways by shooting legs behind.

31. B. Counter (Tor) step over and hand bar (Dhar Marna):— 1. Placing head step over. 2. Left hand arm bar upon thigh. 3. Applying step over pulling hands pressing fall. 4. Placing the body crosswise.

32. A. Ride Scissor (Kainchi):— It is an olden Indian style wrestling hold now a days which is



Fig.: 293 (30A) Half Nelson hand bar (Hafta Danda)

used in free style wrestling while standing face to face upon the right stance when the opponent picks up your right leg up then you should put up this leg in between his legs. Now turning to your right, place both your hands sideways facing on the mat after hooking your leg in his left thigh. Then apply your right leg hit across his legs from behind, facing sideways. Likewise when he falls back you should land upon buttocks and hands crossing both your legs like a scissor.

Brief details (Nichor):— 1. Right leg in between opponents legs. 2. Placing the hands sideways. 3. Hooking his thigh. 4. Apply cross leg hook behind facing another side. 5. Landing on buttocks and hands. 6. Pinning behind. 7. Legs scissor.

32. B. Counter (Tor) Hand trip Hath tangi:— 1. Holding leg from both hands upward. 2. Step forward. 3. Applying right hand tap before the left leg porch. 4. Pinning him in front.

33. A. Standing guillotine (Sarangi):— It is an Indian style hold which is used in free style wrestling while stand behind the opponent releasing hands turning reverse hook your left leg in his left and reaching crosswise to another side pulling his right hand arm from left hand pull his wrist from your right hand and drop him forward accordingly or keep him there.

Brief details (Nichor):— 1. Standing left behind the opponent. 2. Releasing hands turning reverse holding left leg grapine. 3. Reaching crosswise hold



Fig.: 295 (32A) Ride Scissor (Kainchi)

his right arm pulling his wrist from right hand. 4. Dropping toward or keeping there.

33. B. Counter (Tor) Rolling hold:— (Dhankli) 1. Binding the hand of the opponent. 2. Rolling forward upon head. 3. Pinning the opponent taking up down position.

34. A. Belly scissor (Kamarpeta):— It is a purely Indian style wrestling hold can be used in free style wrestling for a while to torchor or keep the opponent downward. While in underneath position holding the opponent down riding upon the opponent hook your both legs sideways one by one making both legs knot under the belly and being flat upon his bowing forward surpassing both hands in his armpits make him flat by jerking his arms forward.

Brief details (Nichor):— 1. Riding the underneath wrestler. 2. Hooking both legs sideways one by one. 3. Bowing the body forward entering hands in armpits. 4. Jerking arms forward. 5. Marking the opponent flat.

34. B. Counter (Tor) Turning hold (Palti):— 1. Holding opponents thigh from both hands. 2. Sideways rolling. 3. Pinning in up down reverse position.

35. A. Full stretcher (Chofer Swari):— It is purely Indian style hold to make the kneeling opponent flat or torture. While riding upon the opponent hook your legs sideways in his thighs one by adding upon his back tilting body weight upon him and entering both hands from his armpits hold his both wrists, pushing him forward and

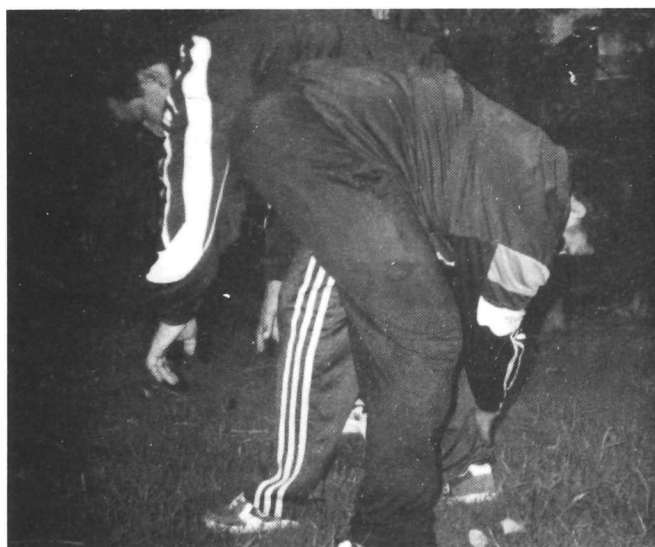


Fig.: 294 (33A) Standing guillotine (Sarangi)

straightening the legs make the opponent flat and apply any other hold to pin him.

Brief details (Nichor):— 1. Riding upon the opponent. 2. Hooking legs sideways one by one. 3. Tilting weight lying flat forward. 4. Surpassing hands into armpits and holding wrists. 5. Applying forward drive making him flat. 6. Pulling wrists back.

35. B. Counter (Tor) Up down hold (Palti):— 1. Holding both thighs of upper wrestler. 2. Turning sideways. 3. Pinning the opponent in up down position.

36. A. One legged ride (Ekalli Sawari):— It is a promising purely Indian style hold to pin the underneath wrestler in four flat position. While riding upon the riding upon the opponent sitting upon him like horse back, hook your both legs sideways one by one in under his thighs and tilting weight of your chest upon him make him flat by entering both hands into his armpits and pulling his wrists. Now releasing your left leg out strengthening it behind and hooking your right leg into own left leg porch lift his right leg above. Now surpassing right hand bar upon his neck from right armpit press his neck down and the shoulder upside. In this continuation pushing his left bent hand inside pin him towards left by tiling chest weight upon him.

Brief details (Nichor):— 1. Riding upon the opponent. 2. Hooking both legs sideways one by one. 3. Entrance of both hands from the armpits. 4. Pulling the wrists. 5. Making flat by forward drive. 6. Releasing left leg. 7. Hooking own left leg porch from right leg. 8. Right arm bar upon neck.

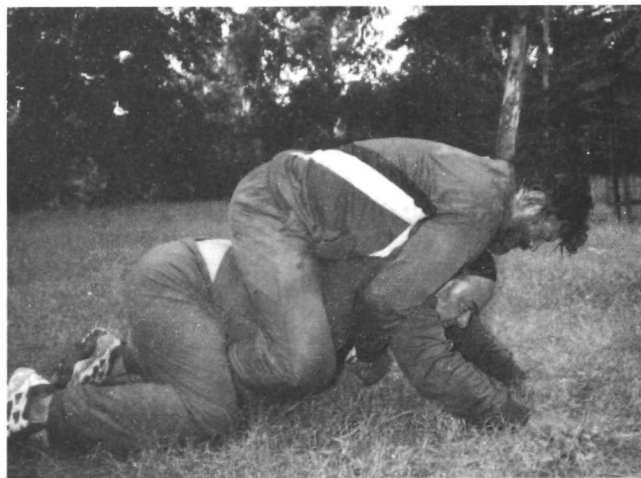


Fig.: 297 (35A) Full stretcher (Chofer Swari)

9. Pushing left arm under chest. 10. Twisting left pinning the opponent.

36. B. Counter (Tor) Side slip (Bagli):— 1. Binding opponents right hand. 2. Applying side slip placing head. 3. Step over upon the pinning opponent.

37. A. Hook ride (Kundi Swari):— It is also a purely Indian style hold to flatten the underneath wrestler. While riding upon hook your both legs sideways hook your right leg paw in opponents left leg porch under the belly. Now tilting chest weight upon the opponent and holding his wrists passing both hands from armpits drive him forward so that he become flat.

Brief details (Nichor):— 1. Riding upon the opponent. 2. Hooking both legs sideways. 3. Hooking left leg porch by right leg. 4. Holding wrists from inside. 5. Tilting chest weight driving toward. 6. Making the opponent flat.



Fig.: 296 (35B) Counter Up down hold

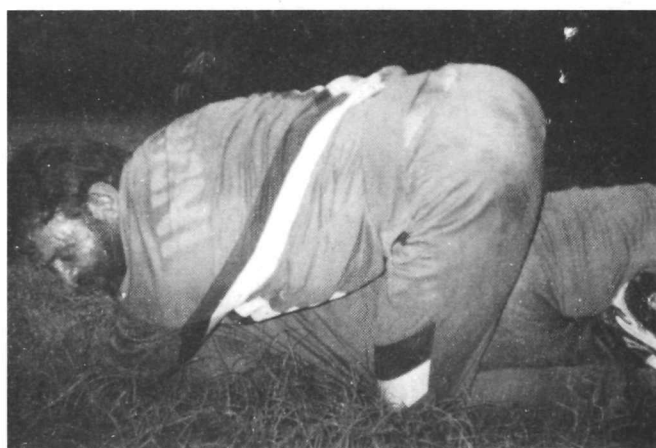


Fig.: 298 (36A) One legged ride (Ekalli Swari)

37. B. Rolling hold (Palti):— 1. Kneeling position. 2. Binding his right side hand. 3. Rolling upon head on 45 degree. 4. Pinning in up down position.

38. A. Flat ride (Lamlet ride):— It is also a Indian style ridding hold to keep the opponent flat. While riding upon the back of the opponent hook your both legs sideways in his thighs and extending the left leg hook the opponents right porch pulling his wrists in hands grip driving forward make him flat.



Fig.: 299 (39A) Front ride stretcher (Jangi Kainchi)

Brief details (Nichor):— 1. Riding upon the back like a horse. 2. Hooking both legs sideways. 3. Pulling both wrists. 4. Driving him forward. 5. Making him flat. 6. Hooking right leg porch.

38. B. Counter (Tor) Upside down:— Kneeling position. 2. Holding thighs from both hands. 3. Rolling sideways in up down reverse position. 5. Making legs apart.

39. A. Front ride Scissor (Jangi Kainchi) :— It is a International patent hold of free style wrestling to pin the opponent in free style wrestling. While standing face to face upon right stance when the opponent have hold the right leg in between his legs. Passing to his left side holding his right shoulder from behind, hitting his left porch from

your left hand and facing towards right pin him behind bitterly.

Brief details (Nichor):— 1. Holding right leg from both hands by the opponent. 2. Assuming left side position. 3. Holding right shoulder from right hand. 4. Hitting by left hand in his left porch. 5. Facing right fall him behind.

39. B. Counter (Tor) Double leg tackle:— As 40 B.

40. A. Parallel scissor (Smananter Kanchi):— It is a Indian style as well as free style international hold to pin the face to face opponent holding his right leg in between legs. At this position passing towards left placing both hands upon the mat surpass your right leg across his thighs in front and hit by your left leg upon his legs behind facing another side and sitting upon buttocks and hands making both legs scissor pin the opponent behind.

Brief details (Nichor):— 1. Face to face position. 2. Holding leg by opponent. 3. Strengthening the leg upon the thigh in front. 4. Passing sideways placing secondly. 5. Hitting behind from left leg. 6. Pinning the opponent behind. 7. Sitting upon the buttocks and hands. 8. Legs scissor.

40. B. Counter (Tor) :— 1. Holding right leg. 2. Extending hands to his left side holding anther leg. 3. Pulling both legs. 4. Dropping fall sideways.

41. A. Over head drag (Mujja):— It is a good hold of Indian style as well as free style wrestler to take opponent down, from face to face position. Holding his both arms from downward swimming



Fig.: 300 (40) Parallel scissor (Smananter (Kanchi)

towards right side and taking left step reaching sideways staying upon Hanuman stance holding his right knee by right hand, hold his waist from behind from both hands one by one and control him fully from behind.

Brief details (Nichor):— 1. Face to face position. 2. Holding arms from downward. 3. Swimming hands sideways. 4. Stepping left side. 5. Hanuman stance. 6. Holding right leg. 7. Holding waist from both hands behind.

41. B. Counter (Tor) Jerk (Jhatka):— 1. Releasing leg from forward jerk. 2. Throwing face to face.

42. A. Referees position resting upon knees elbows (Baithi Awastha):— It is a preliminary sitting position under the opponents as 75% wrestlers sit in this position. In this position the elbow joint become safe and the wrestler can save himself from the fall. For this position sitting in kneeling position buttocks resting upon heels and place your hands landing the elbows down at one feet distance touching the both hands together from the loose fist. Keep your eyes in front.

Brief details (Nichor):— 1. Kneeling position. 2. Landing both elbows at one feet distance. 3. Both fists loose and touching one another.

42. B. Counter (Tor) Short crotch (Chhoti Sandi):— Holding the opponent from sideways. 2. Pulling left hand crotch. 3. Putting another hand in between buttocks. 4. Rolling him upon the head. 5. Placing leg after pinning.

43. A. Sitting position buttocks upon heels elbows in belly (Baithi Awastha):— It is the such position of sitting in Indian as well as free style from which the wrestler becomes round like a ball and he can not be opened easily. From the same taking kneeling position at a according distance buttocks resting upon the heels and putting elbows in belly make a round position like a ball.

Brief details (Nichor):— 1. Kneeling position. 2. Buttocks upon heels. 3. Placing elbows in belly. 4. Bending downward round. 5. Facing front.

43. B. Counter (Tor) Cross face bar (Patti):— 1. Holding the opponent from left. 2. Hanuman stance. 3. Applying left hand bar. 4. Making flat or fall.

44. A. Sitting, position sitting upon knees, elbows and forehead (Baithi Awastha):— It is the most easy position of sitting which is generally used

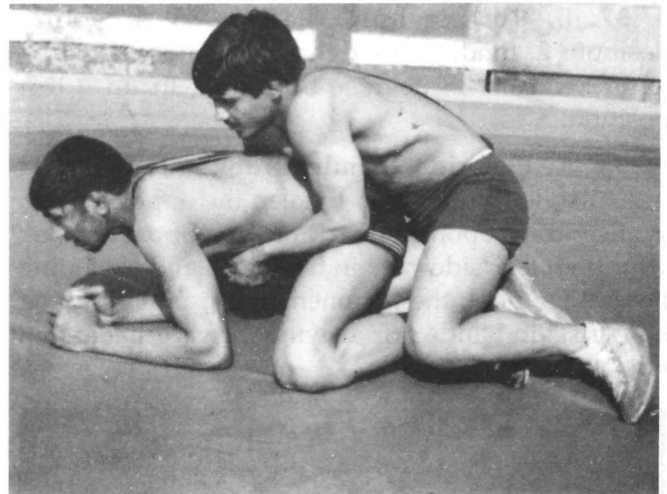


Fig.: 301 (42A) *Sitting position resting upon knees elbows*

in Indian style wrestling from which a wrestler can be always safe from the pinning position and can stand up easily. While landing the both knees at a half feet distance placing both hand with elbows down at a distance of 1 feet. Placing your forehead between both hands make a round position like a ball from that position one can not apply any hold.

Brief details (Nichor):— 1. Sitting sideways holding both ankles. 2. Hanuman stance. 3. Making the opponent flat by bending the legs. 4. Pressing by left side elbow sideways. 5. Facing above.

45. B. Referees position buttocks upon heels elbows outside thigh (Baithi Awastha):— It is the most easy sitting position in Indian style and free style wrestling from which the opponent becomes helpless to open and one can turn out easily. Taking the kneeling position, place the buttocks upon the heels place the elbows outside the thighs bowing down facing in front.

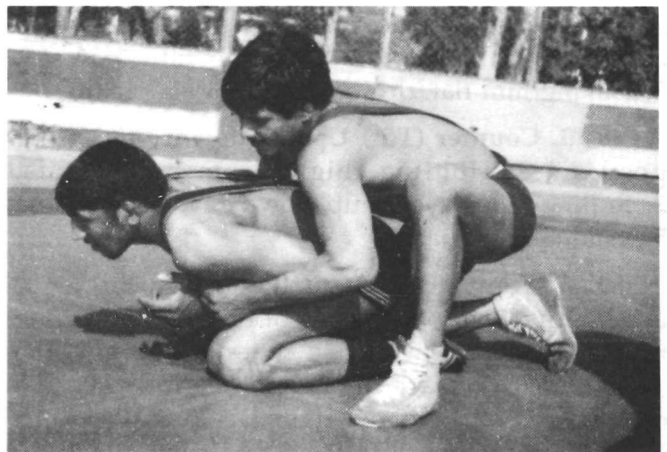


Fig.: 302 (44A) *Sitting, position sitting upon knees, elbows and forehead (Baithi Awastha)*

Brief details (Nichor):— 1. Kneeling position. 2. Buttocks upon heels. 3. Placing elbows outside thighs. 4. Facing in front.

44. B. Counter (Tor) Floating hold (Ghissa):— 1. Sitting left upon the underneath wrestler. 2. Holding waist from left hand. 4. Apply floating hold towards left. 5. Making flat.

46. A. Sitting, position resting upon buttocks (Baithi Awastha):— It is also a one kind of sitting position from that wrestler cannot be pinned easily. Landing both the knees at a distance of half feet place buttock, upon the heels and becoming round enter the hand elbows inside the legs.

Brief details (Nichor):— 1. Landing the knees one half feet distance. 2. Buttocks upon heels. 3. Elbows inside thigh. 4. Facing in front.

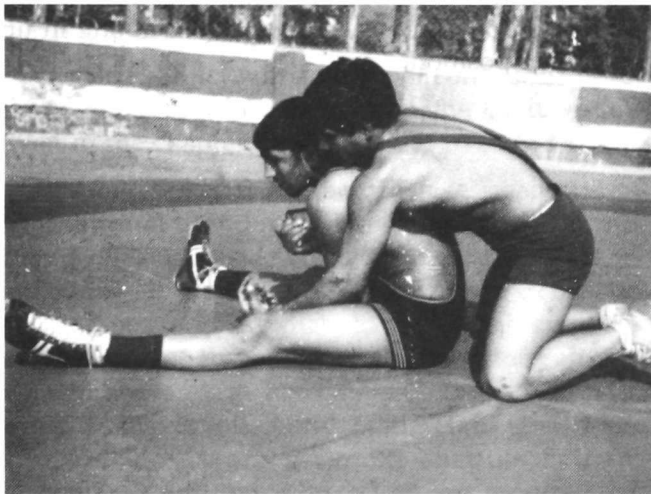


Fig.: 303 (47A) Sitting position legs front, elbow in belly

46. B. Floating hold (Ghissa):— 1. Sitting left holding waist. 2. Holding left hand also. 3. Floating holds towards left. 4. Pinning making flat.

47. A. Sitting position legs front hands back (Baithi Awastha):— It is a natural sitting position from which one can turn out easily from the hold and the opponent. Sitting upon the buttocks placing the hands behind shooting the both legs in front.

Brief details (Nichor):— 1. Sitting upon buttocks placing hands back. 2. Shooting legs in front.

47. B. Counter (For) Hand bar (Patti):— 1. Hanuman stance. 2. Holding waist. 3. Apply arm bar. 4. Making flat or fall.

48. A. Sitting position legs front, elbow in belly:— It is the most important sitting position from which opponent can not hold easily. It is

generally used in Indian style wrestling. Sitting upon the buttocks shooting the legs front placing the elbows in belly and bowing forward making body arc keep sitting in this defence position.

Brief details (Nichor):— 1. Sitting upon buttocks. 2. Shooting legs in front. 3. Elbows in belly.

48. B. Counter (Tor) Hand bar (Patti):— 1. Sitting right side. 2. Hanuman stance. 3. Applying right hand bar. 4. Making flat behind. 5. Pinning back step over leg.

49. A. Sitting position in Hanuman stance (Baithi Awastha):— It is the most promising sitting position that it is used through out the world in free style wrestling. In India every wrestler takes this position upon another wrestler. When the opponent is sitting in kneeling position sit upon the opponent towards left assuming Hanuman stance holding waist from right hand holding his left arm.

Brief details (Nichor):— 1. Sitting left upon the opponent left. 2. Holding waist. 3. Hanuman stance. 4. Holding left hand arm.

49. B. Counter (Tor) Pulling hold (Khainch):— 1. Holding left leg from upward. 2. Pulling ankle from right hand. 3. Pinning left by pulling and hold.

50. A. Sitting position in kneeling style (Baithi Awastha):— It is same as the above sitting position have difference as in above the upper wrestler sits in Hanuman stance while in this kneeling position.

Brief details (Nichor):— 1. Kneeling position upon the underneath wrestler. 2. Holding waist from both hands. 3. Placing the month upon back. 4. Pressing by tilting weight.

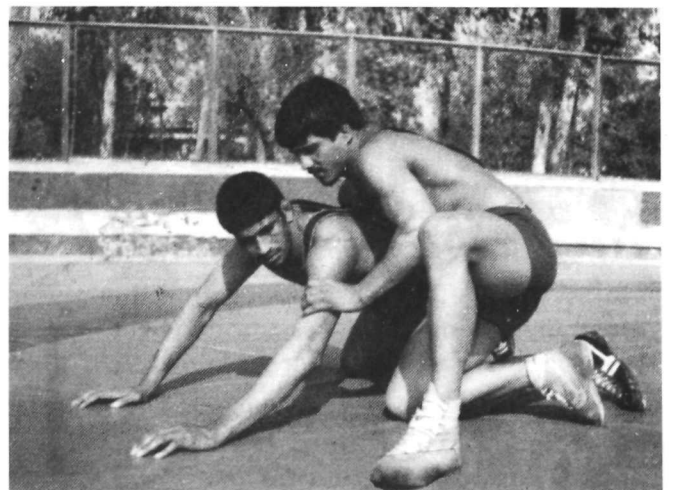


Fig.: 304 (49A) Sitting position in Hanuman stance (Baithi Awastha)

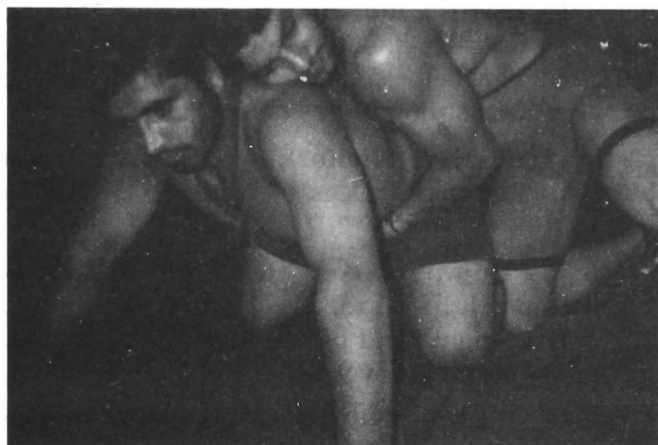


Fig.: 305 (50A) *Sitting position in kneeling style (Baithi Awastha)*

50. B. Counter (Tor) (Roomei) Short Switch:—

1. Standing both hands and knees. 2. Closing the left knee with right. 3. Left hand stand. 4. Right hand switch. 5. Sitting upon right buttock. 6. Tilting

weight upon arm facing upon upward of reaching upward holding behind.

51. A. Sitting cross wise upon the opponent (Baithi Pakar):— It is purely Indian style wrestling hold which is used to stop the actions of the opponent. It can be used in free style wrestling also. Sitting upon the kneeling opponent pumping weight upon his back crossing the backbone surpassing both elbows in armpit and under thigh surpass the kneeling the armpit and thigh. Now spreading the legs and hands stop the opponent.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Pumping weight crosswise upon back. 3. Entering elbow in armpit and thigh. 4. Entering knees sideways. 5. Spreading the legs and hands. 6. Holding the opponent.

51. B. Counter (Tor) Reverse Fireman's curry (Ulti Kalajang):— 1. Holding leg and hand. 2. Rolling upon the head forward. 3. Pinning in up and down position.

Pinning holds of International standard from face to face positions and the counters, conditioning exercises for application of holds.

Leg variation duck under, cross buttocks, arm hook holds, firemans curry, Leg pick, Neck drag leg trips, Inner outer leg bars and other leg bars, leg picks, leg bars, saltos, Flying mares, Blind hold, Tight grip, Backward spin, Front snap etc. International standard holds and the counters are given in the chapter.

Pinning holds from face to face positions of International standard have been given in this chapter. Leaving aside cross buttocks, flying mares and saltos all the holds are of free style wrestling. It is not excess to say that chapter fourth and fifth are the soul of the book. Leg tackle, duck under, cross buttocks. Arm hook holds, Firemans currys, saltos, flying mares, blind hold, Tight grip, back spin etc. holds are given in chapter Fourth. Particular conditioning exercises are required for

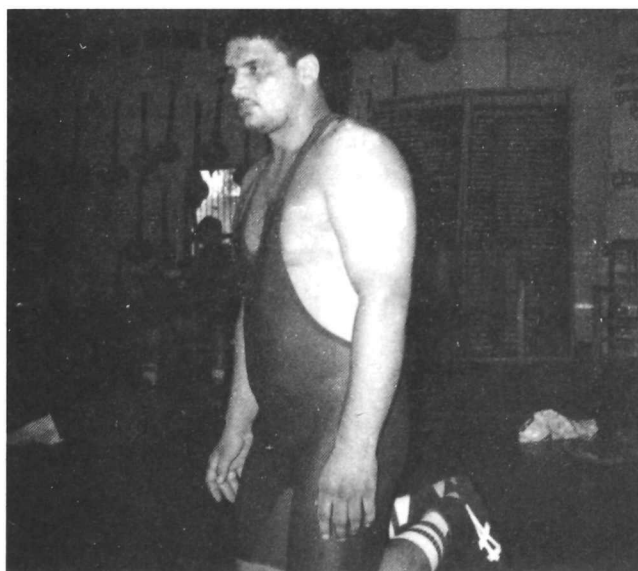


Fig.: 306 Conditioning exercises for leg tackle, firemans carries, etc. walking in kneeling position without hands sport

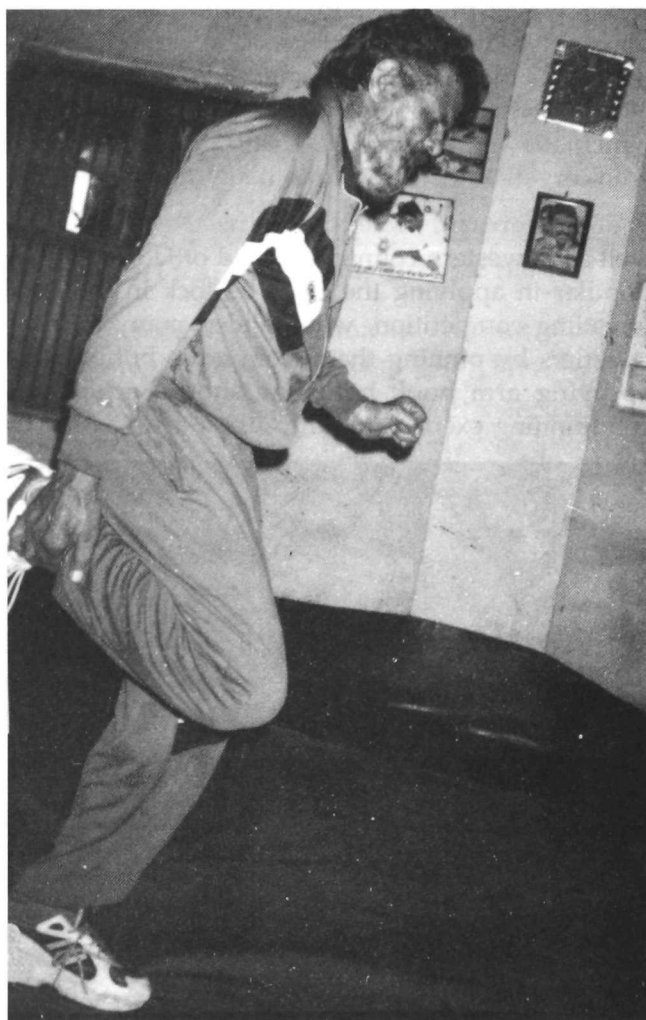


Fig.: 307 Conditioning exercise One legged walk

these conditioning exercises. P. T. exercises are essential for application of holds and it will better to do new exercises must be adopted to apply holds.

It has been already described that running by bending down and catching the forward striking ball are parallel exercises conditioning exercises and very useful for leg tackle. There are no other best

exercises than that. For duck under one should adopt this exercise, holding a motor tyre in both hands swing it upward to backside bowing your body backward in arc and swinging it again and again in between your both legs up and down through it towards front and backward. These types of exercises are very useful for back salto. For cross buttock one should adopt this action that at first he should only throw the opponent again and again by putting him upon the waist like a hawker. Jerking the buttock sideways. P. T. exercise is very useful for cross buttocks. The cross buttock technique is practised in beginning is practised upon a light weight wrestler for command upon the hold. It is the most interesting and important hold of Free style as well as Greco-Roman wrestling in which the opponent surely falls upon fours and who forgets to reaching upto his wearing clothes.

The aforesaid technique is used in eastern as well as in western countries. Majid of U.P. was very popular in applying the cross buttock in the rural wrestling competition, who spoiled many a heavy wrestlers by pinning them from cross buttock. For applying arm hook hold one should adopt this conditioning exercise to jump upon a single leg by

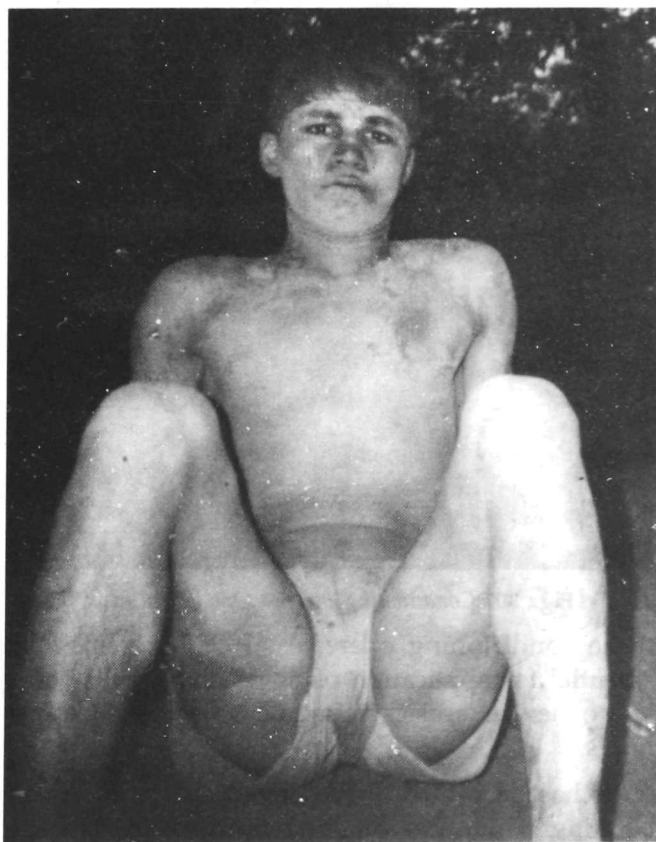


Fig.: 308 Conditioning exercises walking on fours.



Fig.: 309 Conditioning exercise for many kneeling holds

holding the other ankle to bending it behind one can practise the arm hook hold upon single leg jump walk after applying whiffer lock hold. Moreover this cart wheel practice is also essential for the same as one have to roll in the whiffer lock hold in indulging position because then fall is occurred after head roll. Dwarka Prashad Tonta of Delhi was very popular in application of the hold in India who pinned many heavy wrestlers like master Chandgi Ram from his senseless hand by hooking it in opponents arm. Moreover the world famous wrestler *Medved Alexander* used to apply this arm hook hold by giving his leg in opponents hand so that the opponent may fall down with a swing as a injured bird falls from the sky. The firemans carry which is a world famous technique be practised again and again by lifting a light weight boy upon the shoulders holding by both hands. Likewise the practice of front cross leg will be appropriate by making Hanuman stance. Afterwards for neck drag leg trip the conditioning exercises like P.T. exercises, one legged running is essential. There is no best technique in the comparison to neck drag leg trip from which the pinning wrestler loses his senses like cross buttocks from which one falls down bitterly with a sharp swing.

Likewise the trunk exercises are essential for inner and outer leg trips. These leg trips are very popular in India which were used by Meharuddin and Banta Singh the heavy weight wrestlers for which forward bending P.T. exercises are required. Many leg picks are very good holds to pin the opponents. The opponent body parts are to be broken from applying salto can be applied by

swinging motor tyre up and down Chris Taylor and the American Olympic champion used to apply salto who pinned the world heavy weight wrestling champions of the world from back salto. Dhobipat which is known by flying mare in Europe is a excellent hold which is applied as the washerman swings the cloth in which the opponent falls with a swing likewise. The Indian wrestler *Malwa* who became the champion of Asia in Greco-roman Wrestling used to apply flying mare. Blind hold is a simple technique of power which is orient hold of Mahabharata period which is favourite hold of the heavy wrestlers. The next one is tight hold which is simply used like cross buttock.

Moreover this backward snap is a very important artful hold which is used upto Olympics. This one is used by Indian wrestlers Jai Prakash and Sanni Gill and for the same Motor tyre swinging exercise will be appropriate from which this hold can be practised.

1. A. Upward tackle (Upari Pat Nikalna):— Leg tackling is the best hold to pin the opponent in which one falls backward quick. It is applied from standing position while the other leg tackle holds are applied from sitting position. When both of you are fighting in standing position upon the right stance, stepping ahead place your right feet in between his legs at the distance of one feet, tackle the opponent's both thighs with the hands touching your right shoulder surpassing the head to the left side with the pull of hands and push of shoulders push him during fall towards back. You can apply

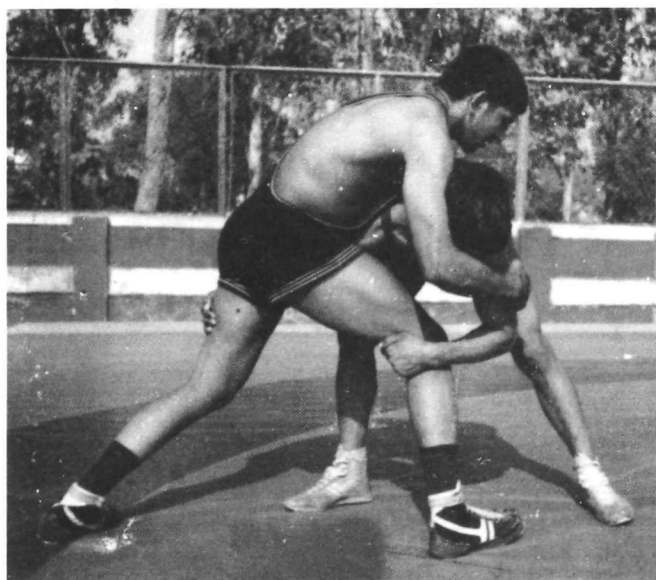


Fig.: 310 (2B) Cross face hand bar (Munha Patti)

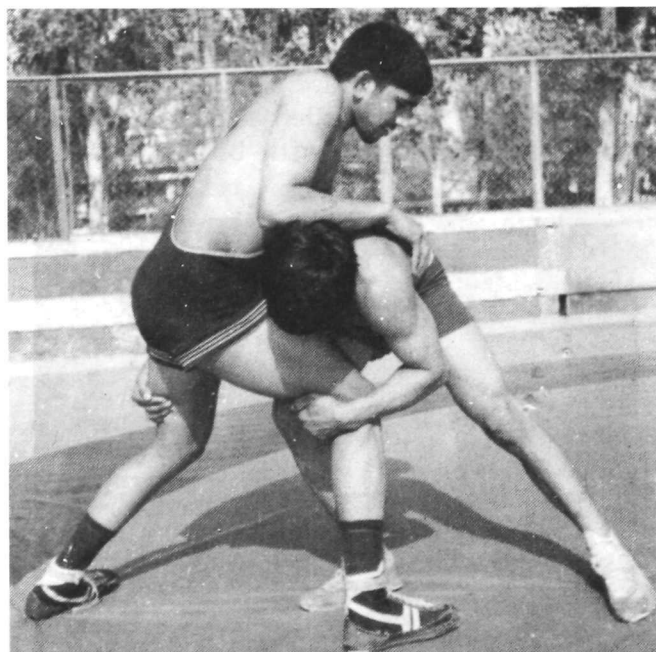


Fig.: 311 (1A) Upward tackle (Upari Pat Nikalna)

the same hold in fast action in running position. After pinning control him there going ahead.

Brief details (Nichor):— 1. Right stance face to face position. 2. Right leg in between the legs. 3. Clinging the right shoulder with thighs. 4. Pinning him back with push and pull. 5. Controlling him fall.

1. B. (Counter) Cross face hand bar (Munha Patti):— 1. Holding opponents left thigh with left hand. 2. Cross face bar by right hand. 3. Releasing the hold using bar. 4. Holding waist by left hand. 5. Holding waist by left hand.

2. A. Leg tackle and lift (Pat uthan):— In this hold one have to lift the opponent upward by holding the thighs which is good technique to pin when both the wrestlers are fighting face to face in standing position supporting your left shoulder hold his both thighs surpassing the neck towards the left side. Now taking the feet forward place it parallel to the right and bending forward lift him up with the waist jerk straightening the trunk. Now swinging his legs towards left fall him down after bending forward.

Brief details (Nichor):— 1. Face to face upon the right stance. 2. Holding thighs touching shoulder. 3. Surpassing the head towards the left. 4. Placing the left leg parallel to the right. 5. Knees bending downward. 6. Holding thigh lift up with jerk. 7. Making the legs direction towards left falling him towards right side.

2. B. Counter cross face bar (Munha Patti):—

1. Holding opponents right thigh from the left hand.
2. Slipping the legs backward using right hand face bar.
3. Holding waist by left hand.
4. Stepping forward holding waist with both hands and controlling.

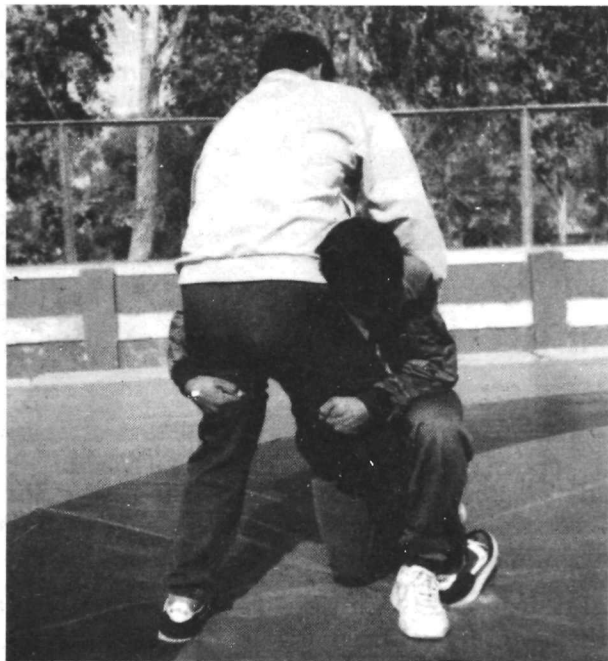


Fig.: 312 (4A) Leg tackle and lock (Tala pat nikalna)

3. A. Hands swing and leg tackle (Jhola Pat Nikalna):—

It is also a hold of cunningness to tackle the legs. When both of you are standing face to face for the fight upon the left stance then grasp the hand with left to left and right to right. Now lifting his hands upward with a sharp jerk enter into his legs tackling the thighs by both hands surpassing your head towards left side with the support of right shoulder and fall him backside with action of push and pull and control him there fall.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding both wrists by both hands. 3. Jerking the hands upward holding thighs. 4. Right shoulder with thighs head sideways. 5. Fall him backward with pull and push. 6. Stepping forward control the fall.

3. B. Counter (Tor) standing switch (khari roome):— 1. Right hands switch upon leg tackler. 2. Placing right feet outside. 3. Putting weight upon the opponents hand. 4. Stepping forward holding the waist with right hand stepping forward control him tight.

4. A. Leg tackle and lock (Tala pat nikalna):—

It is the best hold of tackling the legs, one who practises this hold can easily fall the heavier than heavier wrestlers, when both of you are fighting upon the right stance face to face in standing position taking the front position kneeling the right leg in between his legs, surpassing the head sideways hold his both thighs with both hands so that your right leg should be cling with the thighs, making another leg stand in a straight way upon paw. Now lock his one or both legs by your left leg taking it forward. In this continuation fall him, back side with a sharp push of shoulder and body and pull of hands. Thus he will fall back like a tree and you will be able to control him fall easily.

Brief details (Nichor):— 1. Right stance in face to face position. 2. Holding the thighs right leg kneeling. 3. Head sideways shoulder with thighs. 4. Locking the legs of opponent. 5. Pinning him backward by push and pull. 6. Controlling the fall stepping forward.

4. B. Counter (Tor) Inner leg bar (Bhitli):—

1. Holding arm from both hands.
2. Bending forward facing to another side.
3. Lifting his inner leg by grasping inner leg.
4. Turning him sideways in fall position.



Fig.: 313 (5A) Outer duck under (Baharli nikal)

5. A. Outer duck under (Baharli nikal):— It is a selected and very appreciable hold of free style wrestling. In Delhi mostly this technique is learnt to the beginners at preliminary stage and the Khalifas of Delhi used to take a tin of ghee from the pupils in exchange of this hold. Mean to say that Nikal is very popular hold in Delhi arenas.

When both of you are standing face to face on left stance, grasp opponent's left arm from your right hand, jerking his right hand upward surpass your neck in his armpit moreover holding his right thigh outwardly place your left leg in between opponents legs and cling own chest with his stomach.

Now extending the stomach forward, straightening the trunk looking up lift him up with jerk. Turning towards right pulling his right hand downward forcibly landing the right knee fall him with putting the full body weight.

Brief details (Nichor):— 1. Holding left arm by right arm. 2. Jerking hand up surpassing neck in right armpit. 3. Placing the former leg in between opponents legs. 4. Clinging chest with his stomach. 5. Lifting with jerk. 6. Turning Right. 7. Pulling right hand down. 8. Landing right knee. 9. Pinning the opponent by body pressure.

5. B. Counter (Tor) Body press (Maror):— 1. Holding opponents neck in right armpit. 2. Surpassing the left hand upon back under hand. 3. Placing left leg in between his legs. 4. Tight him with both hands grip. 5. Pin him down in a circle.



Fig.: 314 (6B) Peeling hands (Hath Charna)

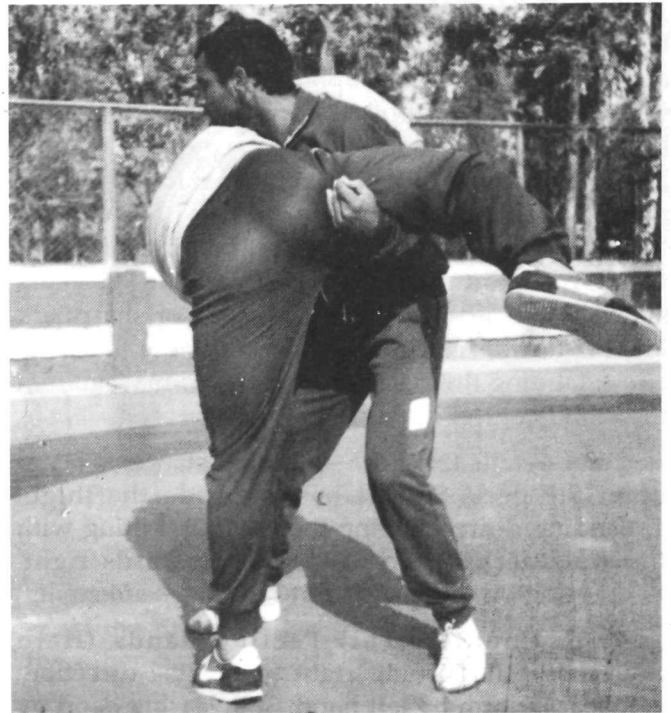


Fig.: 315 (7A) Duck under neck snap (Khasota Nikal)

6. A. Inner duck under (Andarli Nikal):— It is also an excellent duck under of free style wrestling which is far better than above. In this duck under the hand is placed inside the thigh while in above outside. When you are standing face to face upon the right stance pull the opponent upon the same stance and hold his left arm by your right hand and jerking his right hand above surpass your neck from his open armpit, placing the left leg in between his legs clinging your chest with his stomach. Holding his right thigh from inside by left hand lift him up by jerk straightening your trunk up. Now turning your body towards right and landing the right knee upon the mat pulling his left arm down forcibly pin him in a round and control him there with the body weight pressure.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding opponents left arm by right hand grip. 3. Jerking right hand up. 4. Former leg in between opponents leg. 5. Left hand inside the thigh. 6., Chest with the stomach. 7. Lifting with the jerk. 8. Turning waist towards right. 9. Kneeling on the mat. 10. Pulling arm downward and pinning him in a circle.

6. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Turning towards left side. 2. Releasing arm grip by right hand. 3. Holding the edge of the fingers by another hand. 4. Peeling both hands downward. 5. Face to face after turning in a round.

7. A. Duck under neck snap (Khasota Nikal):—

It is a free style wrestling hold. When both of you are fighting face to face upon the right stance place your right hand upon the opponents neck and holding his right hands wrist by your left hand jerking his hand upward stepping forward and placing your former legs surpass your neck through his armpit. In this continuation holding his right thigh from outside cling your chest with his stomach and lift him high by means of sharp jerk looking upward. Now turning to the right in a semi circle, landing the right knee upon the mat fall him there and control him.

Brief details (Nichor):— 1. Right stance. 2. Hand upon the neck. 3. Left hand outside the thigh. 4. Bending down clinging the chest. 5. Lifting with the waist jerk. 6. Turning waist towards right. 7. Kneeling on the mat. 8. Pin him in a semi circle.

7. B. Counter (Tor) Peeling hands (Hath cheerna):— 1. Turning right in reverse direction. 2. Releasing arm by left hand. 3. Releasing hand by holding the edges of fingers. 4. Taking down the hands one by one rubbing with the thighs. 5. Peeling hands appearing face to face after turn.

8. A. Inner duck under (Andarli nikal):— This duck under is applied as above having a bit difference that in aforesaid hand is placed outside the thigh while inside in the same. For this hold placing the right hand upon the opponents neck grasp his right wrist by your left hand. Jerking the hand upward surpass your neck in his armpit and place the left leg forward around his both legs. Moreover clinging the chest with his stomach place your left hand in his right thigh in opposite direction. Now straightening the trunk facing upward lift him up by a sharp jerk. Turning your

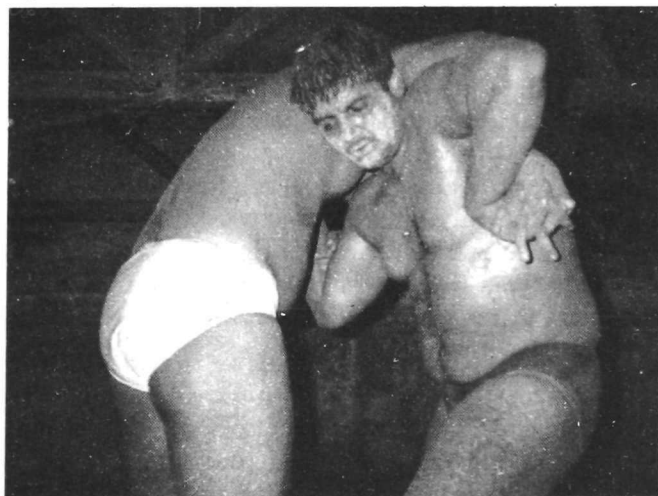


Fig.: 316 (9A) Duck under hand twist (Baharli Nikal)

body and face towards right in a semi circle pin him down by landing the right knee.

Brief details (Nichor):— 1. Face to face right stance. 2. Place hand upon neck. 3. Former leg amid his legs. 4. Hand grip inside thigh. 5. Surpassing neck in armpit. 6. Chest with stomach. 7. Lifting up by jerk. 8. Turning the body and face. 9. Landing right knee. 10. Controlling the fall.

8. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Changing opposite direction. 2. Replacing the hand down. 3. Rubbing the hand

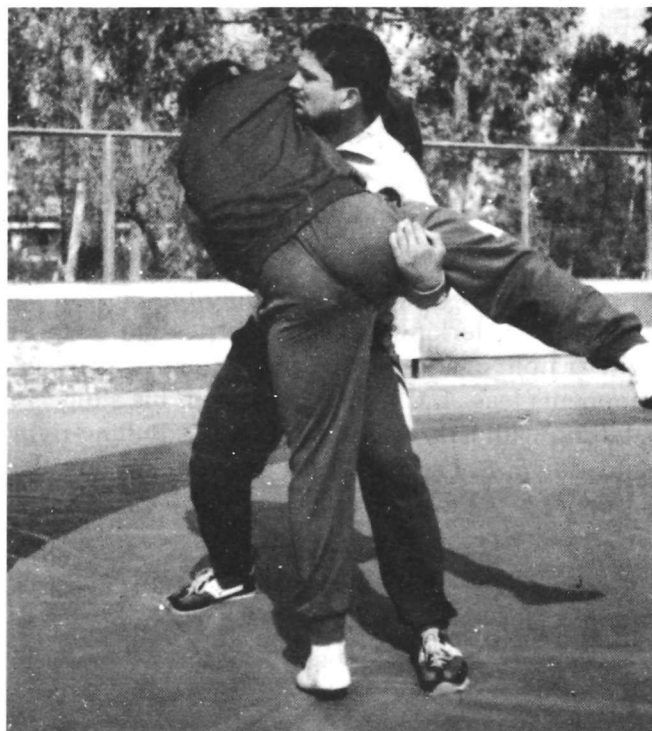


Fig.: 317 (8A) Inner duck under (Andarli Nikal)

down by right hand. 4. Taking the both hands downward turn by turn. 5. Separating the hands appear face to face.

9. A. Duck under hand twist (Baharli Nikal):—

It is also a free style wrestling hold which is appreciable and promising. When both of your are fighting face to face upon the right stance gripping own hand paws in his fingers swing his hands heither and theither. Now pressing his right hand from your left hand dropping the elbow in his elbow and surpassing the head from the same way place your former leg amid his legs. Now releasing his hand hold his thigh from outside and holding the neck from outside make a position of outer duck under hold and lift him up like the no. 8. Hold pin him down landing the right knee.

Brief details (Nichor):— 1. Gripping fingers into hand fingers. 2. Surpassing neck from same way. 4. Former leg amid the legs. 5. Left hand outside thigh. 6. Right hand upon the neck. 7. Chest with the stomach. 8. Lifting up by jerk. 9. Turning right. 10. Pinning down landing knee.

9. B. Counter (Tor) Peeling hands (Hath cheerna):— 1. Turning in opposite direction. 2. Releasing right hand by right. 3. Releasing left grip by left hand. 4. Replacing the hands downward turn by turn. 5. Separating the hands taking face to face position.

10. A. Duck under leg hit (Pabba Nikal):— It is also a free style wrestling hold. When both of you fighting face to face in standing position placing your right hand upon his neck grasp his right hand from your left. Jerking the hand upward surpassing the neck in his armpit, placing the former leg forward amid his legs, make the duck under hold by holding his ankle by left hand and lifting it up. Now clinging with the opponent hitting his felt leg from back side by your right leg pin him down in reverse way and control him there immediately.

Brief details (Nichor):— 1. Right hand upon the neck. 2. Former leg amid legs. 3. Lifting right ankle by left hand. 4. Hitting his left leg. 5. Falling him back. 6. Controlling fall.

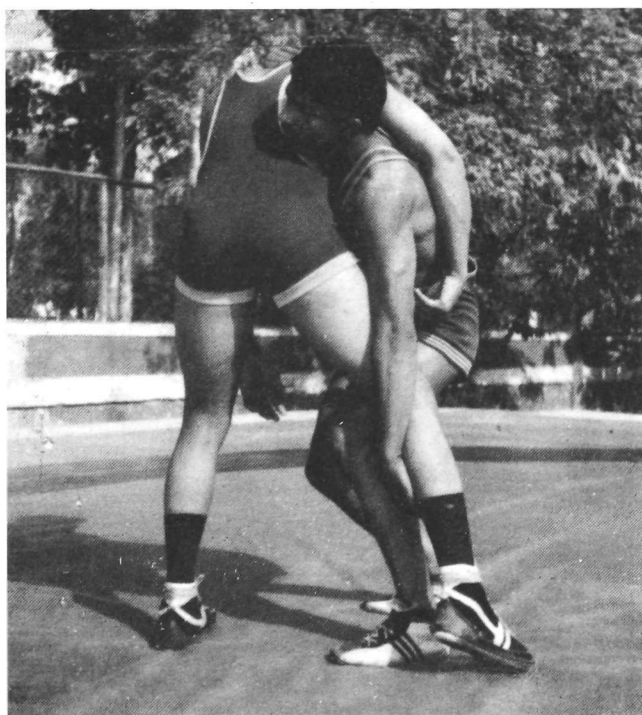


Fig.: 318 (10A) Duck under leg hit (Pabba Nikal)

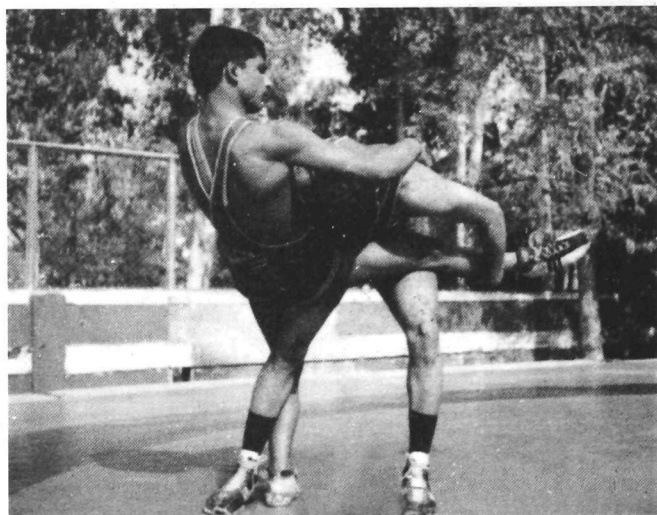


Fig.: 319 (12A) Duck under inside trip (Jhonk Nikal)

10. B. Counter (Tor) Peeling hands (Hath cheerna):— 1. Turning towards reverse side. 2. To apart the fingers edges by right hand. 3. Likewise the other hand by right. 4. Press the hands down one by one.

11. A. Duck under waist lock (Ukhri Nikal):— It is a free style wrestling patent hold from which a powerful wrestler can lift the opponent easily like a ball. When both of you are standing face to face upon the left stance, all of a sudden holding his thigh with both hands place your left hand around his waist and take sideways position. Now landing the left knee and standing the right leg crossing the another hand between his legs grasp your left hand and cling your chest with him. Now straight your trunk with a sharp jerk bowing towards right landing the right knee drop him fall.

Brief details (Nichor):— 1. Holding both thighs. 2. Holding waist by right hand. 3. Grasping own hand by surpassing right hand between legs. 4. Lifting up. 5. Swinging right. 6. Landing upon knee. 7. Pinning down.

11. B. Counter (Tor) Simple leg pick (Ektangi):— 1. Making inside trip. 2. Reverse grip of back by the right hand. 3. Changing face roll him with the jerk. 4. Control him fall.

12. A. Duck under inside trip (Jhonk Nikal):— It is a free style wrestling hold. In the aforesaid duck under the leg is used outside. For the same hold the waist of the opponent with tight hand and grasp his hand by left hand. Now jerking his hand upside surpass your neck inside his armpit and at the same time place your left leg in between his legs lifting his right leg ankle up clinging with him



Fig.: 320 Leg hit back dra (Danda girah)

grapining the right leg with his standing leg from inside, push him towards his back and control him after pinning him.

Brief details (Nichor):— 1. Holding right hand. 2. Holding waist by right hand. 3. Jerking the hand up surpass the neck sideways. 4. The former leg in between legs. 5. Lifting the ankle. 6. Hitting the leg from inside. 7. Pinning back by sharp push.

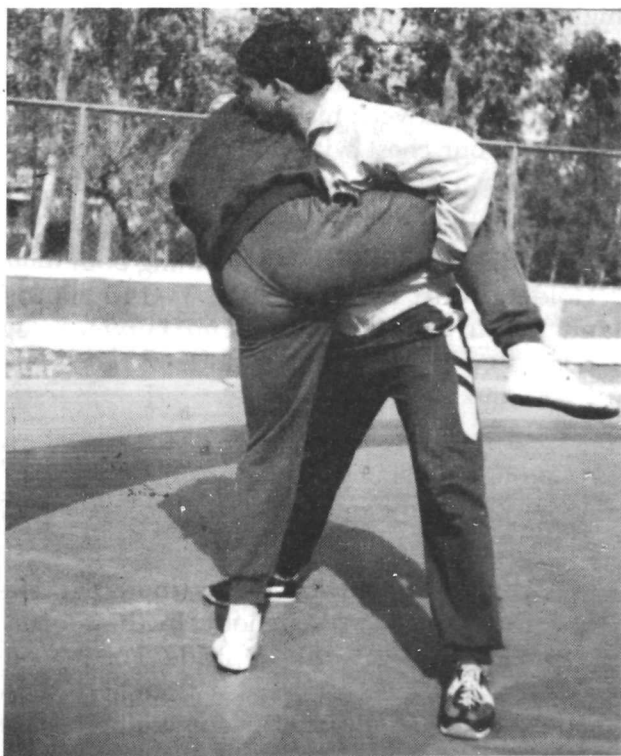


Fig.: 321 13A Duck under neck press (Dhakka Nikal)

12. B. Counter (Tor) Simple leg pick:—
1. Grapine the left leg in opponent right leg. 2. Holding arm or back portion by right hand. 3. Lifting the leg turning the face. 4. Rolling the opponent fall by jerk. 5. Control the fall in lying position.

13. A. Duck under neck press (Dhakka Nikal):— It is a free style wrestling hold but in the same the neck is hold by right hand. When both of your are fighting on the right stance placing your left hand upon his neck, grasp his right wrist. Now jerking the hand above surpassing the neck in the armpit, placing the former leg in between the legs, lifting his right legs ankle hitting his standing leg from inside pin him towards back ward by a sharp push.

Brief details (Nichor):— 1. Right hand upon neck. 2. Grasping right hand. 3. Jerking hand up surpass neck sideways. 4. Former leg forward inside legs. 5. Lifting ankle up. 6. Hitting on standing leg from inside.

13. B. Counter (Tor) Back crush (Dagberi):—
1. Right stance and hand upon neck. 2. When opponents hits by leg. 3. Hitting right leg outside his left leg. 4. Fall him backward pushing him by body weight.

14. A. Duck under leg tackle (Pat band Nikal):—It is also a promising hold of free style wrestling to fall the opponent from face to face position. When both of you are fighting upon the stance. All of a sudden bending forward grasp his both thigh putting the forward leg in between his



Fig.: 322 (14B) Inner leg trip (Anderli)



Fig.: 323 (8A) Inner duck under (Andarli Nikal)

legs and lifting him upon the shoulders surpass the neck towards your left side. Now swinging him towards left landing the right knee pin him towards right side and control him there.

Brief details (Nichor):— 1. Holding thighs by both hand surpassing neck sideways. 2. Shoulders with thighs. 3. Lifting up by jerk. 4. Swinging towards left. 5. Turning the waist towards right and drop him down. 6. Pinning him control.

14. B. Counter (Tor) Inner leg trip (Anderli):— 1. Grapine opponents leg. 2. Holding back by left hand another hand by right. 3. Turning the face bending down, lifting leg rolling the opponent. 4. Fall him by turning swing.

15. A. Backward duck under (Ulti Nikal):—It is patent hold of free style wrestling to pin the opponent from face to face position. This type of duck under is used on the opponent from backside from which he can not guess that what kind of hold other has applied. To apply the same standing behind the opponent surpassing the right hand through the armpit grasp his right arm and placing the left leg in front of him inside the right leg holding his right thigh from outside clinging the chest with his stomach surpassing the neck sideways make the full position of duck under. Now lifting up with a sharp jerk landing the right knee upon the mat pulling the hand fall him in a semi circle towards right.

Brief details (Nichor):— 1. Grasping right arm from behind. 2. Placing right leg forward. 3. Holding right leg. 4. Lifting leg and pulling by

hands. 5. Assuming front position. 6. Lifting up by waist jerk. 7. Turning the face towards right. 8. Landing the knee. 9. Pulling hand down. 10. Pinning towards right.

15. B. Counter (Tor) simple leg pick:— 1. Reverse hand grip upon opponents back. 2. Inner right leg trip. 3. Bending forward turning the face. 4. Lifting leg and pulling by hands. 5. Pinning by means of rolling. 6. Control the fall from the chest.

16. A. Duck Under cross hand (Nihatthi Nikal):— It is a free style wrestling hold which is best type of duck under. When both of you are standing upon the right stance during face to face position grasp his right hand with both hands. Twisting the hand take one step forward to go behind. Now surpass his hand towards backside in between the legs hold him wrist tight. Now bending forward hold him by the left hand from froward in between legs, putting the chest upon his waist lift opponent upward. Turning towards the left and pulling the hand pin him there.

Brief details (Nichor):— 1. Right stance face to face position. 2. Holding right hand by both hands. 3. Stepping forward. 4. Putting hands between legs. 5. Holding wrist from backside. 6. Holding right arm from left hand. 7. Right leg in between legs. 8. Putting chest upon waist. 9. Lifting up with jerk. 10. Turning left. 11. Landing knee. 12. Controlling fall.

16. B. Counter (Tor)Chair hold (Kursia pench):— 1. Duck under cross hand position. 2. Strenching the legs forward sitting down like a easy chair. 3. Looking up putting weight upon his hand ragging forward. 4. Releasing the grip by weight pressure. 5. Holding left by left and right by right hand. 6. After turning assuming face to face position.



Fig.: 324 (16A) Duck under cross hand (Nihatthi Nikal)

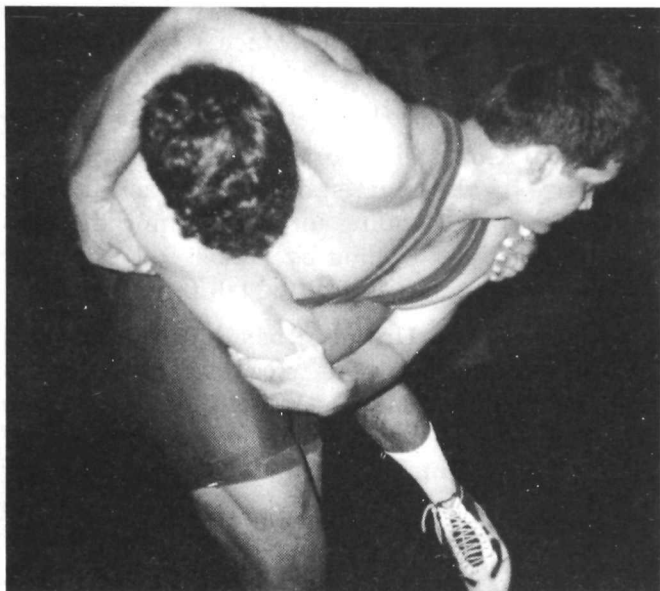


Fig.: 325 (17A) *Cross buttock (Dhak)*

17. A. Cross buttock (Dhak):— Cross buttock is a favourite and promising hold of free style as well as Greco-Roman wrestling which can be applied on a heavier than heavier wrestler to pin a eye movement. When you are standing face to face assuming right stance grasp his right upper arm from your left hand placing the right hand palm upon his neck to encourage him forward stepping, push him towards backside so that he can step forward. Encircling him back holding his shoulder stepping forward to place both the legs parallel in opposite direction and closing your buttocks in front of his private parts lower your body slightly bending the knees. Turning the face towards another side throw him by the waist and hip jerk securing the fall towards right side drop your right knee landing on right buttock at 90 degree extending the legs forward holding the both hands tight grip to keep the fall.

Brief details (Nichor):— 1. Right stance. 2. Holding upper arm from left hand. 3. Placing right hand upon the neck. 4. Step him forward pushing him back. 5. Change the direction of legs. 6. Shifting him upon the buttocks. 7. Bending down turning face. 8. Throw the opponent right side with waist jerk. 9. Extend the legs forward. 10. Controlling fall by tight hand grip.

17. B. Counter (Tor) Ride (Sawari):— 1. Grapine the leg in opponents left leg from upside. 2. Likewise grapine right leg into his right leg. 3. Making riding. 4. Drop him down by forward jerk. 5. Flatten the opponent down.

18. A. Whizzer lock hold and roll (Gulanti Eklanga):— It is also a free style wrestling hold to secure a fall from face to face position. When you are fighting upon the right stance hooking his left hand arm by your right hand make a tight grip by closing the fist. Moreover this, grapine your right leg in the rivals left leg from inside and bending forward drop your left hand down on the mat. Now lifting the grapine leg up turning the face towards another side rolling upon the head, drop your body forward rolling and in same continuation shift your body weight upon the pinned opponent.

Brief details (Nichor):— 1. Face to face hooking right upper arm. 2. Grapine right leg into left leg. 3. Dropping the left hand down. 4. Turning face to another side bending down. 5. Placing the head upon the mat. 6. Rolling upon the head lifting grapine leg high. 7. Shifting weight upon the opponent after rolling.

18. B. Counter (Tor) Parallel roll:— 1. Opponent siezing in hook hold. 2. Rolling upon the head with the rival. 3. Reaching upon the applier quickly. 4. Securing fall by shifting body weight.

19. A. One side arm hook hold (Ektarfa Eklanga):— This is also a free style wrestling hold which is far better from the above. By pushing or pulling action taking him upon the left stance, over hooking his upper arm from your right hand, grapine the right leg in his right leg. In this continuation holding his right wrist or forearm. Now turning the face to another side bending forward and lifting the grapine leg high pulling his

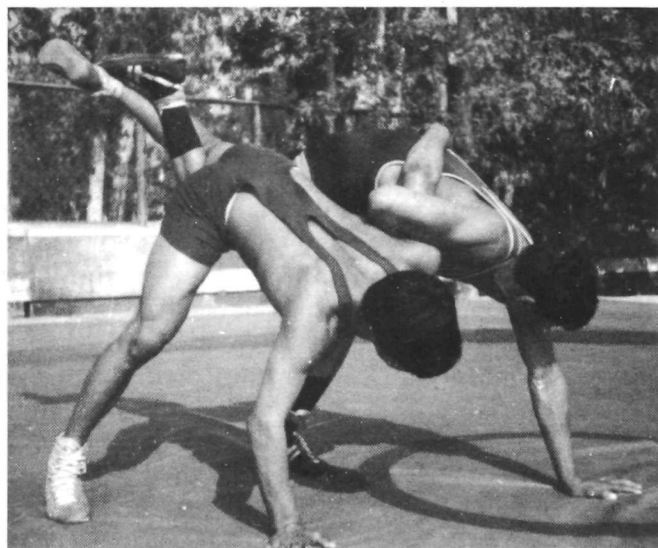


Fig.: 326 (18A) *Arm hook hold and roll (Gulanti Eklanga)*



Fig.: 327 (20A) Arm hook hold and leg pick up
(Ektangi Eklanga)

right hand fall him quickly forcibly towards right and control him by shifting the body weight.

Brief details (Nichor):— 1. Grasping right wrist by left hand. 2. Over hooking the upper arm from right hand closing the fist. 3. Grapine right leg. 4. Bending down turning face. 5. Pulling opponents right hand. 6. Lifting the grapine leg. 7. Pinning down towards right. 8. Shifting weight upon the pinned wrestler.

19. B. Counter (Tor) Around Roll (Chakkar Palti):— 1. Oversiezing in arm hook hold. 2. At the falling down movement. 3. Rolling upon the rival before his action. 4. Shifting weight upon the pinning wrestler.

20. A. Arm hook hold and leg pick up (Ektangi Eklanga):— This type of arm hook hold is a patent free style wrestling hold which was used by the world famous Olympian wrestler *Medved Alexander*. Encourage your rival to hold your right leg by his hands and then over hook his upper arm by your upper arm from your right hand grasping his right hand wrist with your left, make the complete position of arm hook hold grapining your right leg in his left leg. Now bending forward changing the face direction lift the grapining leg up and pulling his right hand fall him towards the right with a fast swing. Now control him fall by shifting the body weight upon him.

Brief details (Nichor):— 1. Capturing right leg by the opponent. 2. Over hooking the opponents right hand. 3. Grasping the right hands fore arm. 4. Grapine right leg. 5. Changing the face direction. 6. Lifting the grapine legs high. 7. Pulling another hand. 8. Drop him in pinning position towards right and shifting weight.

20. B. Counter (Tor) Double leg variation (Dohri Pat):— 1. Holding the rivals leg by hands. 2. Capturing the opponents leg in between legs. 3. Shifting pressure by body weight. 4. Using right hand snap at right leg porch. 5. Drop him fall towards backward.

21. A. Around arm hook hold (Feri Eklanga):— This type of hook hold is one of its own kind. When the opponents hold you from behind make the hold over hooking his right upper arm from your right hand and grapining the right leg in his left leg, grasp his right fore arm from your left leg and bending down lifting the grapine leg as much high as possible. Pulling his hand facing towards left side drop him down sideways with the sharp swing and control him fall there by shifting the body weight upon him.

Brief details (Nichor):— 1. Holding back by the opponent. 2. Hooking the right upper arm. 3. Grapining right leg into left leg grasp another hand. 4. Bending forward facing towards left. 5. Lifting grapine leg and pulling the right hand. 6. Fall him sideways with a swing. 7. Control fall by shifting body weight.

21. B. Counter (Tor) Around Roll (Chakkar palti):— 1. Left hand into hook. 2. Surpass the right hand across the waist. 3. Both hands wrestlers grip upon his waist. 4. Stepping right leg forward around and facing towards left. 5. Dropping the other leg knee down drop him in a around swing. 6. Controlling the fall.

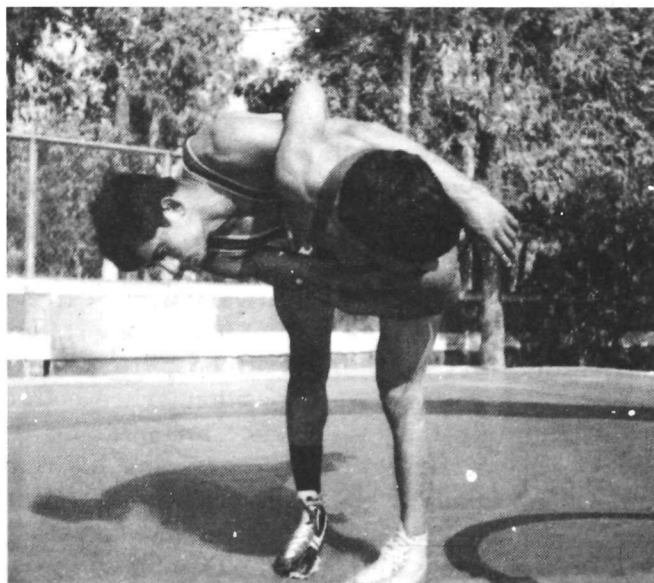


Fig.: 328 (21A) Around arm hook hold (Feri Eklanga)

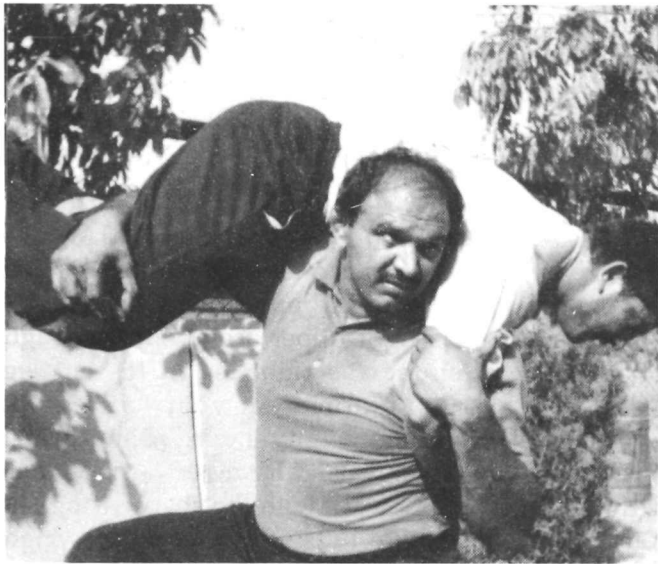


Fig.: 329 (23A) Fireman's carry throw (Kalajang)

22. A. Reverse hook hold (Ankari Eklanga):— This hold is some thing different then the others. For the same when you are assuming right stance in face to face position stepping forward hook your rivals left hand upper arm from downward to upward and make a permanent grip and grasp his right hand forearm from your left hand and grapine his left leg. Now bending forward and turning face sideways, lifting the grapine leg high pulling the hand throw him towards right with a sharp swing and control him there in pinning position.

Brief details:— 1. Hooking right hand from inside. 2. Grapine right leg into his left. 3. Grasping right hand forearm. 4. Bending forward facing sideways. 5. Lifting the grapine leg pulling hand. 6. Dropping him in pinning position with a sharp swing towards right. 7. Controlling the fall.

22. B. Counter (Tor) Opposite arm hook (Jholi):— 1. Making both hands free. 2. Taking one step back. 3. Encircling both legs in reverse grip. 4. Lifting forward drop him back 5. Changing the face control him fall by hands grip pressure.

23. A. Fireman's throw (Kalajang):— It is a world famous favourite hold of free style wrestling which is very common and easy to fall the opponent from face to face position. When both of you assuming the right stance to or taking the opponent on the right stance grasping his right upper arm upon the elbow pulling it down placing right leg in between his legs turning left, surpassing the head sideways into his armpit dropping the left knee down surpassing right hand into his right thigh. In this continuation lifting your rival upon

your shoulders. Now pulling his hand down, turning the waist and face sideways bending downward throw him in fall position sideways by both hands pulling and pushing force. Extending right hands across his chest rolling towards him changing the face take a flat post position to control the opponent.

Brief details (Nichor):— 1. Face to face right stance. 2. Grasping right upper arm. 3. Right leg in between legs. 4. Surpassing head sideways. 5. Grabbing right thigh by right hand. 6. Dropping right knee upon the mat. 7. Right leg standing. 8. Pulling hands lifting the wrestler upon the shoulders. 9. Turning waist and face sideways. 10. Falling sideways by pull and push. 11. Control fall extending hand upon chest and rolling flat.

23. B. Counter Shoulder grip (Khainchi):— 1. Stretching the leg backward. 2. Holding his shoulder from armpit. 3. Pulling the opponent by head shoulder grip. 4. Surpassing behind.

24. A. Turning firemans curry (Kurang Kalajang):— It is slightly different free style hold than the above. When you are fighting upon the right stance in face to face position drag your rival also upon the similar stance and holding his right upper arm at the edge of the elbow land your right knee in between his legs grabbing his right thigh from inside. Now lift the opponent upon your shoulders and change the legs by kneeling the left and standing the right. Now turning face and waist towards left throw him fall sideways by pushing and pulling him with both hands.

Brief details (Nichor):— 1. Face to face right stance. 2. Grasp right upper arm by left hand.

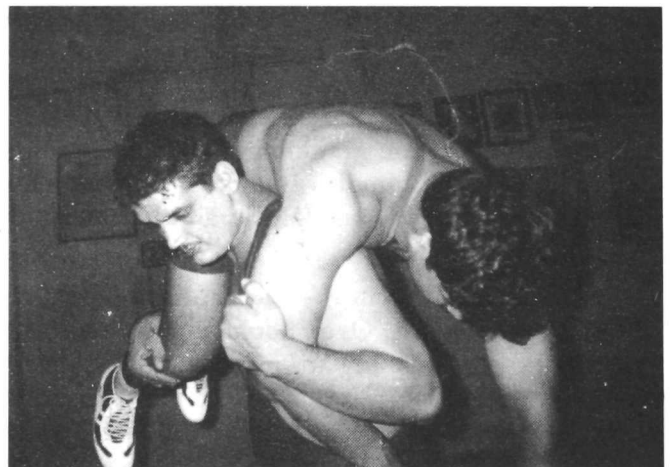


Fig.: 330 Fireman's carry throw (Kalajang)

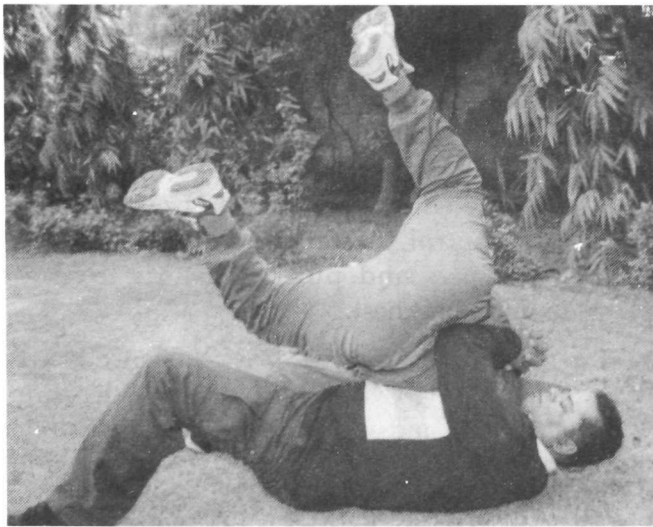


Fig.: 331 (24B) Simple Roll in Firemans carry (Palti)

3. Grab right thigh by right hand. 4. Surpass neck sideways. 5. Pulling the hand. 6. Dropping right knee upon the mat. 7. Changing the knee. 8. Turning the face and waist. 9. Throw sideways by pulling and pushing. 10. Control by extending hand upon.

24. B. Counter (Tor) Simple roll (Palti):—
1. Application of hold by the opponent. 2. Drop him reverse flat. 3. Dropping leg upon him, control fall.

25. A. Kneeling Fireman's carry (Tek Kalajang):— It is also a Free Style wrestling hold to fall the opponent from face to face position when you are assuming the right stance upon face to face standing position, drag your rival also on same stance grasping right upper arm from the left hand. Surpassing your neck sideways grab his right thigh from inside by your right hand and landing the both knees lift him upon the shoulders by straightening the trunk. Now throwing sideways in the pinning position by turning your waist and face and control him after rolling taking flat position surpassing right hand up on his chest.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right upper arm. 3. Neck inside arm pit. 4. Right hand into the thigh. 5. Landing the knees. 6. Lift the opponents waist and face. 7. Flattening position by roll. 8. Control by extending right hand upon the chest. 9. Turning the face.

25. B. Counter (Tor) side Rolling (Palti):—
1. Application of hold. 2. Dropping sideways reverse by drive. 3. Dropping leg upon him. 4. Controlling fall by turning face another side.

26. A. Fireman's curry forward roll (Gulanti Kalajang):— It is a very favourable hold of free style wrestling to pin the opponent from face to face position. When you are fighting upon the right stance grasping his right hand by your left hand, landing the both knees surpassing the neck sideways under his armpit, grabbing his right thigh from inside by right placing the head in the centre beside him roll upon the head on him so that your legs cross the opponents body. Thus he will be pinned under you while you will lying facing the sky crossing.

Brief details (Nichor):— 1. Face to face right stance. 2. Grasping right upper arm by left hand. 3. Grabbing right thigh. 4. Surpassing neck in armpit. 5. Dropping the knees down. 6. Rolling upon the head crosswise upon the opponent. 7. Control fall tightly.

26. B. Counter (Tor) Pulling hold (Khainch):—
1. Application of hold by the rival. 2. Preparing bridge. 3. Taking flat position by rolling.

27. A. Flat legs fireman's carry (Pasar Kalajang):— It is also a favourite and promising

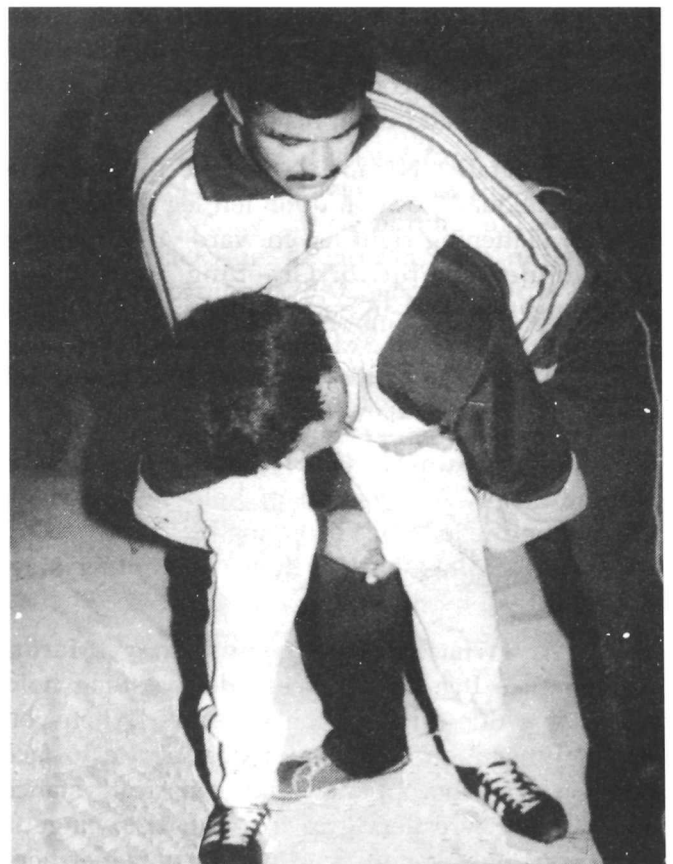


Fig.: 332 (22B) Opposit arm hook Jholi

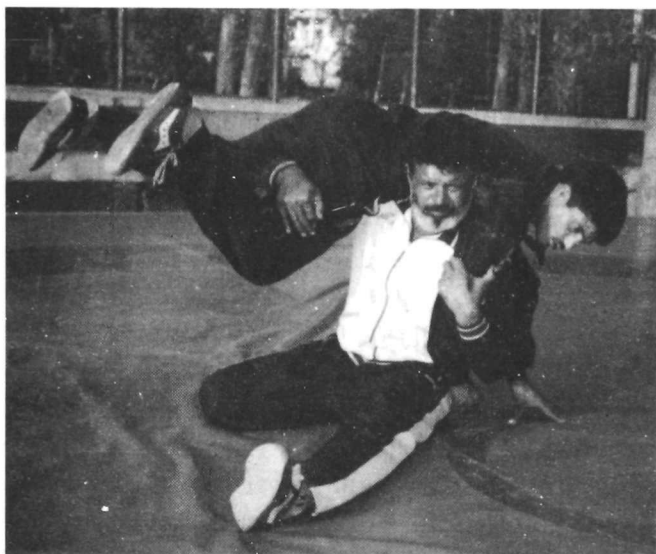


Fig.: 333 (27A) Flat legs fireman's carry throw (Pasar Kalajang)

world famous hold of free style wrestling while in standing face to face assuming right stance grasp the right upper arm of the rival by your left hand, sitting upon the left leg in a straight way like squad position throw your right leg forward landing upon the buttocks, grab his right thigh surpassing both legs forward touching the porches on the mat. Throws him sideways fall by turning the face and waist action. Now control him fall after rolling flat and dropping hand upon his chest.

Brief details (Nichor):— 1. Face to face right stance. 2. Squad position upon left leg sitting upon heel. 3. Flattening right leg forward. 4. Surpassing neck under armpit. 5. Grabbing right thigh. 6. Lifting the rival upon shoulders. 7. Both legs extended. 8. Throwing sideways by pull and push action. 9. Turning face and waist. 10. Control fall by hand, rolling in flattening position.

27. B. Counter (Tor) Side slip (Bagal Roomei):— 1. Application of hold by the rival. 2. Landing the left knee dropping him sideways by drive. 3. Turning the face towards another side. 4. Control fall by flattening.

28. A. Twist hands firemans curry (Marori Kalajang):— It is also a free style wrestling hold which is a fine offer for the wrestlers. When you are fighting upon the right stance in face to face position drag the opponent upon the right stance and holding wrestlers grip in right hand fingers, place your right hand upon the neck or somewhere else. Now twisting his hand, enter your elbow and

neck under his hand surpassing crosswise. At the same movement grab his right thigh by entering right hand into it. Pulling his right hand landing the left knee in straight way throw him towards left side by pulling and pushing action of both hands landing on the left buttock turning waist and face. Afterward control the fall by flattening himself facing sideways and putting the right hands pressure upon his chest.

Brief details (Nichor):— 1. Right stance face to face. 2. Holding right hand fingers in wrestlers grip. 3. Twisting hand and surpass neck and elbow under his elbow. 4. Grab right thigh by right hand. 5. Landing right knee straight. 6. Pulling the twisting hand. 7. Pulling and pushing action. 8. Landing left buttock. 9. Throw sideways by turning face and waist. 10. Control fall by putting right hand upon chest flattening himself.

28. B. Counter (Tor) Shoulders lock (Khainch):— 1. Applied hold. 2. Holding back in both hands surpass hands in armpit. 3. Pulling towards own side. 4. Extending own leg. 5. Applying right hand bar. 6. Reaching slightly back to hold the waist.

29. A. Standing Firemans curry (Khari Kalajang):— It is the appreciable hold of free style wrestling to pin the opponent from face to face standing position. When you are fighting upon the right stance in face to face position, drag your rival upon the same stance. Holding his right hands wrist or paw and place your right hand upon his neck

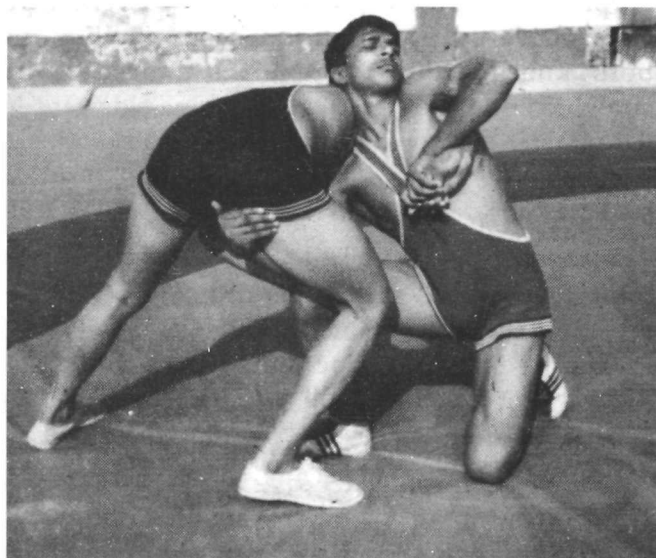


Fig.: 334 (28A) Twsit hands firemans carry throw (Marori Kalajang)

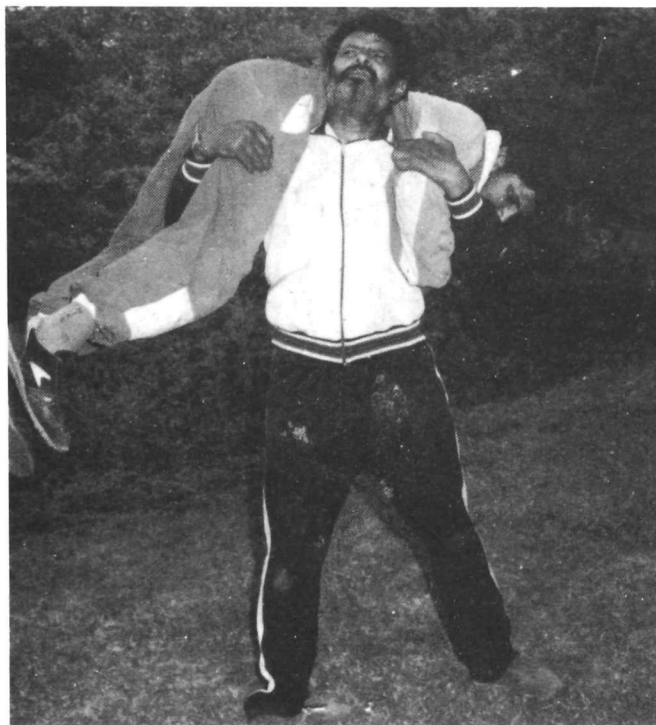


Fig.: 335 (29A) *Standing Firemans carry throw (Khari Kalajang)*

or somewhere else. Likewise twisting his hand and pressing it inside surpass your elbow and neck out towards another side. Now grabbing his right thigh by your left hand landing the both knees on the mat take him upon you and releasing right hand and hitting it outside the thigh placing the head upon the mat apply a reverse roll. He will be pinned under you control him fall after a roll.

Brief details (Nichor):— 1. Right stance. 2. Wrestlers fingers grip upon his right stance. 3. Twisting the hand elbow and neck inside armpit. 4. Holding the thigh. 5. Landing both legs. 6. Hand



Fig.: 336 (30A) *Rolling Fireman's curry (Palti Kalajang)*

bar outside right thigh. 7. Reverse roll upon the head. 8. Control fall after side roll.

29. B. Counter (Tor) Shoulder grip (Khainch):—

1. Applied hold. 2. Place hand upon back press. 3. Extending the leg backward flatten him by pulling. 4. Reaching to back slightly.

30. A. Rolling Fireman's curry (palti Kalajang):—

Rolling firemans curry is also a free style wrestling hold. When you are fighting upon the right stance in face to face position. Try to drag the opponent upon the same stance and then grasp his right hand paw in a reverse way and place the another hand upon his neck or somewhere else. Now bending and twisting his hand inside surpass your neck and elbow inside his armpit. Now placing right leg in between his legs grab his right thigh by your right hand extending and flattening the left leg forward outside his leg landing upon the buttocks. Moreover straightening the another leg forward pulling the twisting hand and lifting own head and right hand up, throw him towards your left by body and face turn. Now flattening the legs backside, dropping the hand upon the chest after rolling sideways.

Brief details (Nichor):— 1. Holding right hand fingers or wrist by left hand. 2. Twisting hand surpass elbow from his right elbow.

30. B. Counter (Tor) Front grip (Khainch):—

1. Applied hold by opponent. 2. Holding back press by chest. 3. Making flat by putting and extending own legs backside. 4. Holding the upper arm, armbar upon mouth. 5. Change towards behind ragging. 6. Holding waist coming towards back.

31. A. Front cross leg pick (Khonch):— It is also a free style wrestling hold from which the decision of fall occurs quickly. When both of you are fighting upon the right stance placing right hand upon his

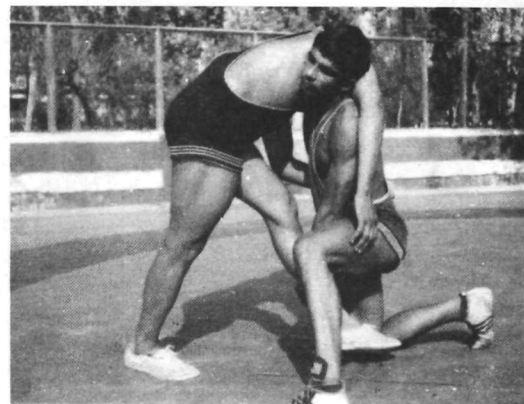


Fig.: 337 (31A) *Front cross leg pick (Khonch)*

neck pulling him down land your right knee forward pulling his left leg ankle from your left hand. By pulling of both hands he will drop towards your right in pinning position where you should control him.

Brief details (Nichor):— 1. Right hand upon the neck. 2. Lowering the opponent by pulling the neck. 3. Landing right knee upon the mat. 4. Pulling left ankle by left hand. 5. Controlling fall.

31. B. Counter (tor) Outer leg bar (Baharali Tang):— 1. Holding the arm encircling the back surpassing from armpit. 2. Applying outer leg trip. 3. Turning the face. 4. Swing him sideways in pinning position by jerk. 5. Turning the face. 6. Swing him sideways in pinning position by jerk. 7. Control the fall.

32. A. Cross thigh pick (pat Khonch):— It is a another type of pulling hold to pin the opponent face to face in standing position. It is a free style wrestling hold while in face to face position standing upon the right stance drag your rival upon the left stance place right hand upon his neck grab his left thigh from inside from your left hand. Now pulling his thigh and pushing by the right hand drop him towards backside as he will be falling there. At once control him.

Brief details (Nichor):— 1. Left hand upon the neck. 2. Dragging him upon left stance. 3. Grabbing his right thigh. 4. Pulling the thigh and pushing the neck. 5. Fall him reverse. 6. Controlling the fall.

32. B. Counter (Tor) Tiet grip hold (Pakki Pakar):— 1. Holding the neck and porch from both hands. 2. Extending legs backside. 3. Releasing opponents hold making own tiet grip. 4. Dropping the opponent reverse in pinning position.

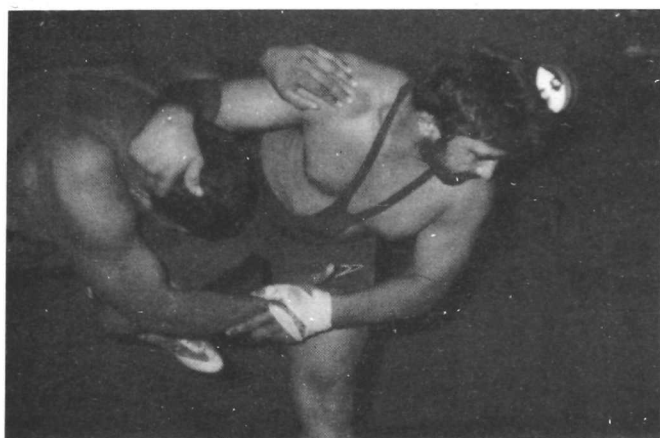


Fig.: 338 (34A) Neck drag leg trip (Multani)

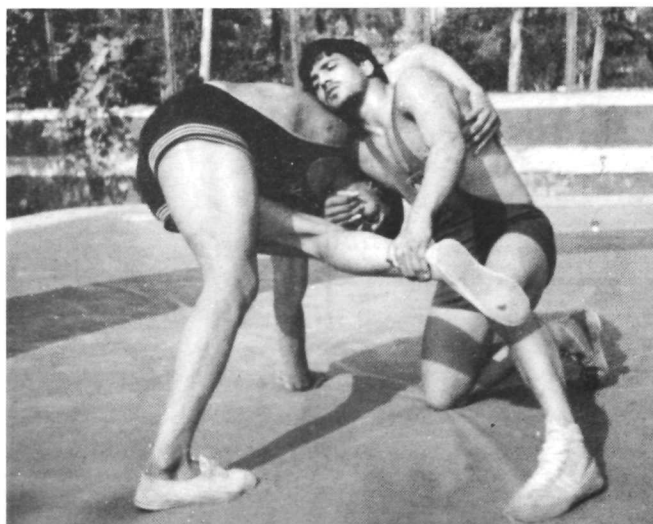


Fig.: 339 (33A) Cross ankle pick up (Mundi Khainch)

33. A. Cross ankle pick up (Mundi Khainch):— It is the best type of pulling hold of free style wrestling which should be adopted by the wrestlers. When you are fighting upon. The right stance, grasping his right upper arm hold his neck encircling his neck in your right hand by means of a pulling jerk. Now jerking his hand upward and surpassing your head under his chest in bow position landing the right knee catch his left ankle and pull it inside with force. Drop him in pinning position towards right through pulling by both hands. Now lifting his left leg up control him fall.

Brief details (Nichor):— 1. Encircling neck in right armpit. 2. Head under chest. 3. Landing right knee. 4. Pulling right or left leg ankle. 5. Tight the neck and leg to control the fall.

33. B. Under arm sweep (Bagal doob):— 1. Placing right hand upon neck. 2. Jerking the arm up and surpass neck. 3. Placing right leg in between rivals legs. 4. Passing through side reaching behind. 5. Holding the waist by hands grip.

34. A. Neck drag leg trip (Multani):— It is considered as the best hold of Indian as well as Free Style Wrestling in standing position. When both of you are assuming right stance position standing face to face. Placing the right hand upon his neck grasp his right hand from your another hand and now encourage him to step forward by pushing him towards back as soon as he tries to come forward upon the left stance pulling him forward lifting his left leg using your right leg as inside leg trip pulling his hand and turning the face drop him fall flat towards your right and control there.

Brief details (Nichor):— 1. Right stance face to face. 2. Left hand upon the neck. 3. Inside leg trip. 4. Lifting leg up and turning face. 5. Pulling the hand. 8. Dropping towards right in pinning position and control.

34. B. Counter (Tor) Single leg pick (Ekhari):— 1. Capture the right leg lifting up. 2. Pressure of chest upon leg knee. 3. Hitting opponents left leg by left hand bar. 4. Drop him down pushing forward. 5. Control the back from hand grip.

35. A. Hoping & neck drag leg trip (Kood Multani):— It is the favourite free style wrestling hold to pin the opponent from face to face standing position. When you are standing at face to face position upon the right stance drag the opponent on left stance by pushing or pulling and grasp his right hand wrist from your left. Now taking hope upon left leg hit the opponents left leg by your right leg trip and bending in opposite direction, facing another side, pulling his right hand lift the rivals leg as high as possible. Thus he will fall bitterly towards your right side as much as you can, control him quickly.

Brief details (Nichor):— 1. Right stance. 2. Holding right wrist. 3. Placing right hand upon the neck. 4. Jumping upon left leg right leg trip. 5. Turning face and bending. 6. Pulling by the hands. 7. Lifting leg from the leg. 8. Dropping towards right and pressing fall.

35. B. Counter (Tor) Single leg pick (Ekhari):— 1. Lift the applied hold leg up with hands. 2. Capturing the leg up in between the legs. 3. Pressing it with the chest. 4. Applying left hand



Fig.: 340 (34B) Single leg pick (Ekhari)

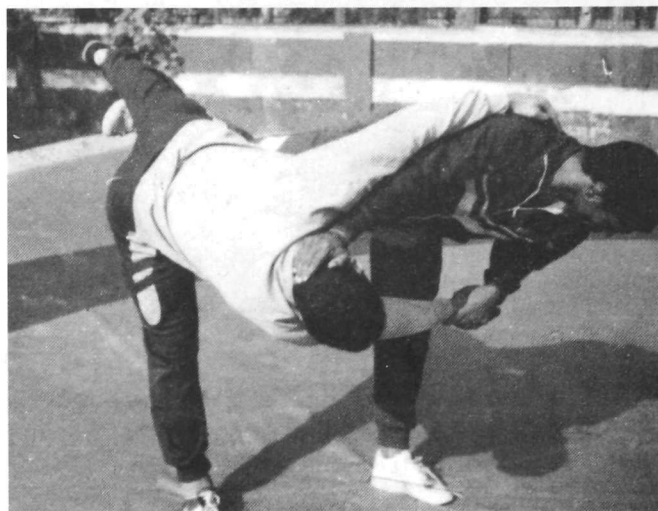


Fig.: 341 (35A) Hoping & neck drag leg trip (Kood Multani)

snap upon left leg from inside. 5. Drop him pushing forward. 6. Holding the waist from behind by jerk.

36. A. Wrist hold neck drag leg drip (Kalai band Multani):— It is also a free style wrestling hold which is far better than the simple trip. When both of you are standing face to face upon right stance grasp the opponents both hands from the wrists or the fingers. Now, by means of pulling or pushing drag him upon the left stance lifting his left hand above hit your right leg in opponents left leg lift it up. Changing the face direction towards pulling the hand bending forward drop him towards the right and controlling there on

Brief details (Nichor):— 1. Grasping both hands wrists. 2. Changing direction towards left. 3. Pulling the opponents. 4. Hitting right leg into left. 5. Lifting leg up. 6. Falling towards right side.

36. B. Counter (Tor) Single leg pick (Ekhari):— 1. Lift the holding leg up. 2. Captured leg in between legs. 3. Pressing by the chest. 4. Left hand top into his left leg. 5. Dropping him pushing forward. 6. Holding the waist from behind.

37. A. Neck hold and arm drag leg trip (Ektangi multani):— It is also the same hold of free style wrestling but its application methods is slightly different than the others. Standing upon the right stance let the opponent grasp your right leading leg and placing your right hand upon his neck hold his right wrist from your left hand, bending forward and turning face to the left pulling him down from the hands lift his left leg by the sport of your right leg and fall him forward in pinning position.

Brief details (Nichor):— 1. From face to face right hand upon his neck holding his right wrist.

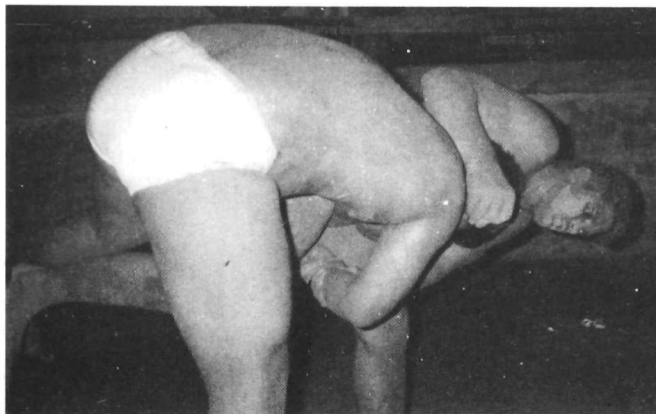


Fig.: 342 (37A) Neck hold and arm drag leg trip (*Ektangi multani*)

2. Using right leg as a leg trip. 3. Pulling neck and hands. Lifting leg up. 4. Pinning down towards left from jerk.

37. B. Single leg pick and knee tap (*Ektangi Jhantka*):— 1. Capture opponents leg from both hands. 2. Holding leg above between own legs. 3. Applying knee tap extending left hand. 4. Dropping forward flat from push.

38. A. Wrist hold and neck drag leg trip (*Fance Multani*):— It is the top most hold of free style wrestling to pin the opponent from face to face position or one secures 5 points in this hold when the opponent falls in danger. Standing face to face in right stance place your right hand upon the opponent neck and holding left hand wrist drag him forward to take him upon the left stance. Now helping forward turning to the left hit your right leg like a inner trip in rivals leading leg and pulling him forward from both hands drop him to your left jumping him high in the its turning to the left. He will be pinned and like this press him there in any way.

Brief details (Nichor):— 1. Face to face right stance. 2. Right hand upon neck. 3. Holding wrist from left hand. 4. Inner hit from an right leg. 5. Pulling forward. 6. Lifting up turning face. 7. Dropping in pinning position. 8. Controlling fall by tilting weight.

38. B. Throat lock:— 1. Placing right hand upon the neck. 2. Shooting left hand upon his chest. 3. Holding the opponent in this hold.

39. A. Outer leg bar (*Baharli Tang*):— It is a miracle hold to throw the opponent in the air which is used in free style wrestling. While standing face to face during right stance bind his both arms from your hands or wherever he is bowing down for legs tackle binding his arms pulling up turning to the

left applying right leg as a outer trip across his right thigh and pin him accordingly with a sharp lift so that he will be dropped towards your right and control him there.

Brief details (Nichor):— 1. Face to face right stance. 2. When the opponent tackles the legs. 3. Holding both arms. 4. Surpassing a bit up. 5. Turning left and bending. 6. Applying outer leg trip. 7. Lift with jerk. 8. Throwing fall to the left, control him.

39. B. Counter (Tor) Hand bar (*Danda*):— 1. Applying hand bar to convert this hold. 2. Holding the thighs tightly. 3. Applying hand bar in his left leg porch. 4. Pushing forward drop him back in pinning position. 5. Holding fall by flattering.

40. A. Inner leg bar (*Andarli tang*):— All kinds of leg trips are used in free style wrestling. The above said was the outer as it is the Inner leg trip from which the opponent is pinned easily. When both of you are fighting face to face in standing position. Holding his both arms from your hands or hold the arms when the goes down for legs tackle., Surpass the hands a bit up and applying right leg as a inner leg trip in his left hand at the same time turn your face towards left bending and taking reverse position lift his leg and throw him down in pinning position with a sharp jerk and control.

Brief details (Nichor):— 1. Holding both hands from face to face position. 2. Pulling a bit up. 3. Turning left bending down. 4. Applying inner leg trip. 5. Lifting up and throwing down. 6. Pinning and controlling.

40. B. Counter (Tor) Leg twist (*Pat Khench*):— 1. Holding inner leg from both hands. 2. Tight grip



Fig.: 343 (39A) Outer leg bar (*Baharli Tang*)

of hands. 3. Rapping the another hand in elbow. 4. Bending down to turn the face. 5. Applying hand bar on left leg porch. 6. Controlling fall pulling hand.

41. A. Grapine leg and arm (Bagali Tang):—It is also a hold of free style wrestling to pin the opponent from face to face position. While standing face to face or when the opponent have hold you from behind. Holding his right hand wrist from your left hand grapine your right leg from elbow to wrist and apply outer leg bar bending forward and turning face towards your left. Thus lifting him up throw him in pinning position towards your right.

Brief details (Nichor):— 1. Opponent standing behind. 2. Hold right wrist from left hand. 3. Clinging another hand in wrist. 4. Bending forward turning the face left. 5. Outer leg trip upon right leg. 6. Pulling hand controlling fall.

41. B. Counter (Tor) Ride (Swari):— 1. Applying four scissor. 2. Lifting right thigh scissor in left leg. 3. Scissor in right leg from right leg. 4. Dropping hands in armpits making flat from jerk.

42. A. Step over leg trip (Baithi Tang):— It is sitting leg trip which is applied in free style wrestling. When you are sitting down under the opponent, hold his right arm upon your right shoulder and grapine your right leg as a inner leg trip and lifting this leg roll upon the head towards right so that he may be pinned and step over your body upon him.

Brief details (Nichor):— 1. Kneeling position under the opponent. 2. Holding the right arm upon

the shoulder. 3. Inner leg trip. 4. Rolling upon head, elbow and hand. 5. Controlling fall.



Fig.: 345 (40A) Inner leg bar (Andarli Tang)

42. A. Counter (Tor) Legs lift (Jholi):— 1. Holding left shoulder from right hand. 2. Left hand under his left thigh. 3. Grapine right hand pressing the elbow. 4. Inner leg trip. 5. Step over basing head, shoulder of elbow. 6. Controlling fall by pumping weight.

43. A. Sitting leg trip (Chalti Tang):— It is a very fast leg trip in free style wrestling while in kneeling position sitting under the opponent hold his right hand wrist from your left hand griping right leg into his left leg roll upon the head and shoulder lifting his leg throw him towards right and control him in pinning position stepping over your body upon him.

Brief details (Nichor):— 1. Kneeling position under the opponent. 2. Holding right wrist from left hand. 3. Pressing elbow grapine hand. 4. Inner leg trip. 5. Step over the body basing head and shoulders. 6. Controlling pin.

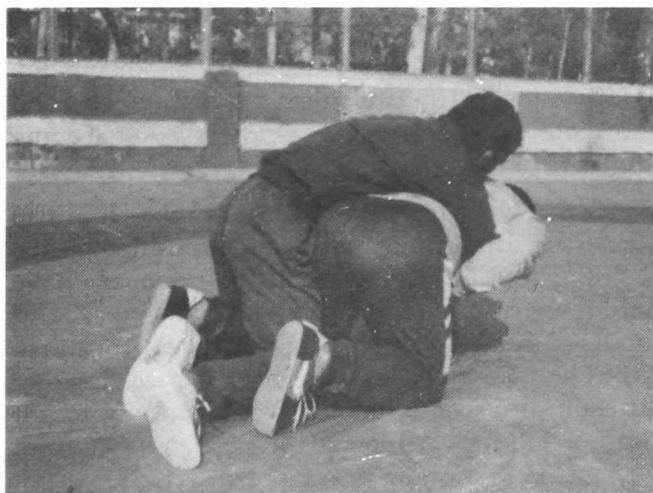


Fig.: 344 (42) Step over leg trip (Baithi Tang)



Fig.: 346 (46A) Sitting leg trip (Chalti Tang)

43. B. Counter (Tor) Hanuman stance (Hanuman Paintra):— 1. Kneeling the right knee. 2. Lifting left leg making hanuman stance stopping the hold.

44. A. Step over leg trip (Dhariya Tang):— It is also a promising hold in free style wrestling to pin the opponent from underneath position. While sitting under the opponent in kneeling position over size his right elbow from your right hand basing upon the head and shoulders throw the opponent sideways stepping over the body upon him controlling the fall.

Brief details (Nichor):— 1. Kneeling position under the opponent. 2. Oversize his right elbow from left hand. 3. Basing upon head and shoulders roll. 4. Throwing both legs upon the opponent. 5. After pinning.

44. B. Counter (Tor) Single Scissor (Galkhora Tang):— 1. Nelson upon the neck under armpit. 2. Step over breaking the hand scissor. 3. Securing fall upon own body. 4. Turning face towards another side. 5. Placing the shoulders down.

45. A. Neck lever inside legs (Galknora Tang):— It is a special hold of free style wrestling. Which is useful for the tall wrestlers from which a opponent is pinned in a eye movement. While standing face to face upon right stance hold his neck in right hand oversiezing it and taking his neck in right armpit. Moreover grapine your right leg into his left leg. Turning face and bowing forward in reverse position hold his right arm from your left hand and lifting his leg up and pulling his arm drop him to the left in fall position.

Brief details (Nichor):— 1. Oversiezing the neck in standing position. 2. Holding arm from the left hand. 3. Turning to the left. 4. Grapine leg into inner leg. 5. Pulling arm lifting the leg up. 6. Controlling fall by throwing the opponent.



Fig.: 347 (45A) Neck lever inside legs (Galkhora Tang)

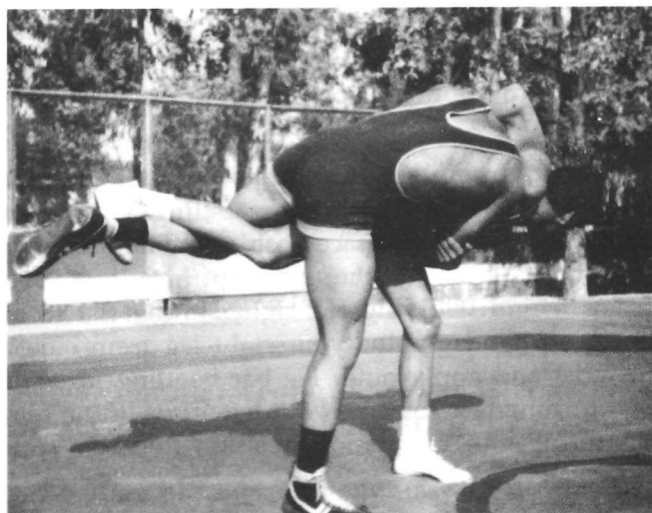


Fig.: 348 (45A) Neck lever inside leg (Galkhora tang)

45. B. Counter (Tor) Twisting (Mos):— 1. Oversiezing opponents neck in hands. 2. Lifting arm head up. 3. Placing right leg in between the legs. 4. Twisting the head and back. 5. Dropping forward from twist. 6. Falling the opponent.

46. A. Standing outer leg, (Bahri galkhora tang):— It is also like the above hold having merely difference only likewise that it is used from outside. While the aforesaid from inside standing face to face in right stance hold his neck oversiezing your right hand applying your right leg as a outer leg trip holding his right arm. Now turning to left and bowing forward lift him up and throwing him to the left secure a fall.

Brief details (Nichor):— 1. Holding the neck in right hand. 2. Holding right arm. 3. Applying outer leg trip. 4. Turning face towards left. 5. Secure a fall and controlling.

46. B. Counter (Tor) opposite roll (Ulti Putthi):— 1. Applying opposite roll. 2. Holding right him. 3. Holding left leg from another hand. 4. Lifting inside leg. 5. Holding ankle from left hand and pulling up. 6. Securing fall towards left keeping him upon a single leg.

47. A. Flying leg trip (Chipki Tang):— It is also a inner leg trip having a bit different position. While standing face to face or when the opponent have hold you from behind oversieze his neck and shoulder from your right hand in reverse position. Now use your right leg as a inner leg trip holding his right arm from your left hand. Turning to left and bowing forward left his leg up and drop him to your left in pinning position a sharp jerk.

Brief details (Nichor):— 1. Over siezing the neck and shoulder from right hand. 2. Holding his right arm. 3. Applying inner leg. 4. Turning face and bowing down. 5. Lifting leg and pulling arm. 6. Throwing him sideways securing the fall.

47. B. Thigh Twist (Patmos):— 1. Applying thigh waist. 2. Holding right leg in between both legs. 3. Pressing another thigh with hands. 4. Head in back sideways. 5. Dropping in left side by twisting. Holding wrist after dropping down.

48. A. Buttocks Jerk (Kulha Tang):— It is also a promising hold of free style wrestling. While standing face to face in right stance stepping ahead oversieze his waist from your right hand holding his right arm from your left hand. Now taking reverse position placing your legs parallel to each other bending the knees, lift the opponent upon your buttocks bowing forward with a sharp waist jerk and turning your face to the left drop him to your right side securing a fall.

Brief details (Nichor):— 1. Standing face to face upon right stance. 2. Incircle waist from right hand. 3. Holding right hand from the left. 4. Placing legs in reverse position. 5. Clinging the buttocks. 6. Lifting the opponent upon buttocks bowing forward. 7. Throwing by turning face with sharp jerk. 8. Securing a fall sideways.

48. B. Counter (Tor) Forward roll (Dhawwa):— 1. Placing leg ahead the opponent. 2. Incircling his waist by hand and taking reverse position. 3. Holding arm. 4. Lifting upon buttocks and jerk. 5. Dropping towards right in pinning position.



Fig.: 349 (46A) Standing outer leg (Bahri galkhoratang)

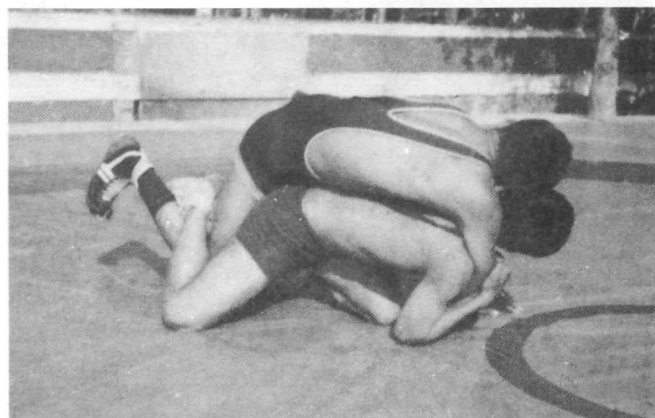


Fig.: 350 (47A) Flying mare leg trip (Dhobipat Tang)

49. A. Flying mare leg trip (Dhobipat Tang):— It is also a free style wrestling hold to pin the opponent in underneath position. Whenever you are sitting under the opponent in kneeling position. Holding his right upper arm and lower arm from both hands grip upon your right shoulder and placing him upon forward, lift your buttocks up throwing him round upon you.

Now he will pinned before you after the reverse roll. Thus control him with both hands and pumping your body weight upon him.

Brief details (Nichor):— 1. Underneath the opponent. 2. Grapine the right leg outside the right leg. 3. Holding right hand upon the shoulder. 4. Left hand stand. 5. Touching head down throwing him reverse. 6. Controlling him fall by pumping weight.

49. B. Counter (Tor) High leg craddle (Janeu):— 1. Both hands grip, one hand up on the shoulder other under another thigh. 2. Both hands wrestlers grip. 3. Pulling him back by shooting legs ahead. 4. Rolling the opponent reverse. 5. Pumping weight upon after roll.

50. A. Side slip (Fislan Tang):—It is free style wrestling promising hold to fall the opponent when you are placed under him. While sitting underneath the opponent surpass your body a bit side ways to the left. Now holding his right hand from both hands, applying outer leg trip throw him sideways rolling upon your head. Thus throw your body upon him after pinning him.

Brief details (Nichor):— 1. Underneath the opponent. 2. Grapining right leg with his outer leg. 3. Holding right hand upon his shoulder. 4. Left hand stand. 5. Rolling sideways upon head, shoulder and elbow. 6. Controlling fall after step over.

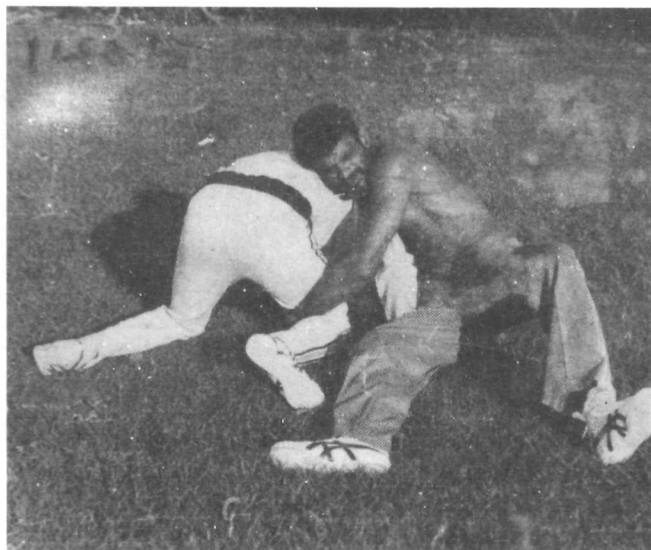


Fig.: 351 (50B) High Craddle (Janeu)

50. B. Counter (Tor) High Craddle (Janeu):—
 1. Left hand from his left shoulder. 2. Right hand under his right thigh. 3. Both hands wrestlers grip. 4. Rolling him backward after shooting legs. 5. Rolling upon head pumping upon the pinned wrestler.

51. A. Double snap (Do Taraf Tang):— It is also a promising hold of free style wrestling to pin the opponent in standing position. When the opponent have hold your from behind is standing position surpassing both hands outside form downward his upon your buttocks by bending forward. Now applying outer leg trip pulling his hand forward, facing to another side throw him sideways in pinning position from waist jerk.

Brief details (Nichor):— 1. Opponent holding from behind. 2. Holding his both hands upon your hands. 3. Pulling both hands down. 4. Lifting upon buttocks,. Bending down. 5. Pulling right hand forward. 6. Applying outer leg trip. 7. Throwing by jerk turning face. 8. Dropping fall.

51. B. Counter (Tor) One legged ride (Ektangi Sawari):— 1. Grapining left leg in his left leg from behind. 2. Grapine another leg in his right leg. 3. Both legs scissor in his thighs. 4. Riding upon the opponent and dropping him down.

52. A. Air leg trip (Hawai Tang):— It is a promising free style wrestling hold to pin the opponent from standing position which is useful for the tall wrestlers. While standing face to face upon the right stance placing right hand upon his neck and surpassing left hand from his armpit make both hands grip upon his back. Now stepping forward placing right leg crossing him right leg, twist the

opponent backward from the both hands so that he may be pinned in reverse position and control him fall.

Brief details (Nichor):— 1. Standing face to face upon with stance. 2. Under arm and upon neck surpassing both hands and grip upon the back. 3. Stepping forward and outer leg trip. 4. Twisting backward. 5. Controlling fall.

52. B. Counter (Tor) grip hold (Pakar):—
 1. Holding the inner leg from both hands. 2. Right hand snap in his right leg hok. 3. Dropping backward in pinning position.

53. A. Buttocks Throw (Ulti Tang):— It is very important Free Style Wrestling hold in which a standing wrestler is pinned in a eye movement or one receives 5 point of danger if not pinned. While standing face to face upon right stance, surpass your both hands into his armpits and make a wrestlers grip of both hands upon the back. Now changing the reverse stepping and diversion take him upon your buttocks and lift him bending down turning face to another side. Pin him towards right side throwing him with a sharp waist jerk.

Brief details (Nichor):— 1. Right stance. 2. Both hands grip upon the back. 3. Changing reverse direction. 4. Taking him upon the buttocks. 5. Turning face to the left. 6. Lifting him upon the buttocks throwing with jerk. 7. Controlling him by pumping weight.

53. B. Counter (Tor) waist snap (Kamar Jhatak):— 1. Binding both hands. 2. Changing

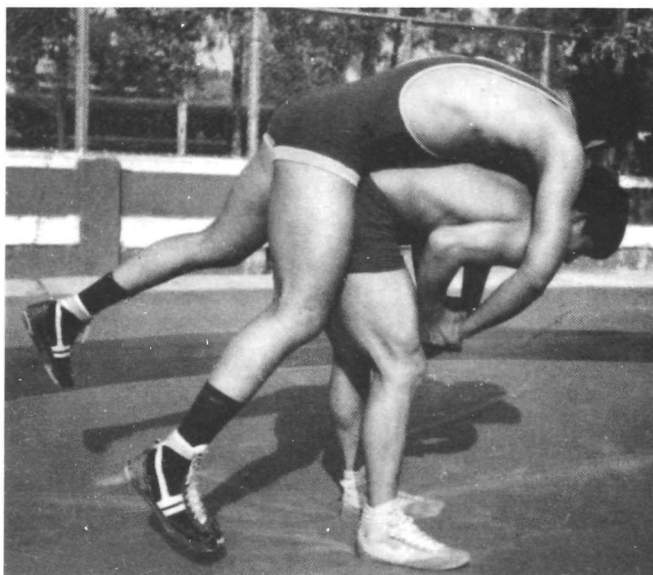


Fig.: 352 Air let trip Hawai Tang

reverse direction. 3. Taking him upon buttock. 4. Turning face. 5. Throwing from waist jerk. 6. Controlling the pinned by pumping weight.

54. A. Over hooking throw (Duhattha Band):—

It is a very promising hold of Free Style Wrestling to pin the opponent from face to face standing position. While standing face to face upon the right stance encircle his both arms from your hands and tightening the same, change your position in reverse direction taking him upon the buttocks bending down and throw him towards your right lifting him up with a waist jerk so that he may be pinned toward right. After this control the pinned wrestler by tilting weight upon him.

Brief details (Nichor):— 1. Standing face to face upon right stance. 2. Both hands lock. 3. Changing the reverse direction. 4. Taking the opponent upon buttocks. 5. Throwing by sharp waist jerk. 6. Turning face. 7. Securing fall sideways and controlling.

54. B. Counter (Tor) waist snap (Sawari):— 1. Riding from left leg. 2. Right leg scissor alternately. 3. Riding upon the back flattering the opponent.

55. A. Rolling leg Trip (Chakri Tang):— While the opponent wrestler have hold you from behind. Holding his left wrist from the right hand and right from the left hand bending forward applying outer leg trip sit upto buttocks turning the face to another side and pinning him by roll sideways secure a fall and control him by oversiezing him accordingly.

Brief details (Nichor):— 1. Holding from behind by the opponent. 2. Holding left wrist from the right



Fig.: 353 Hard tight grip (Kardi Pakar)

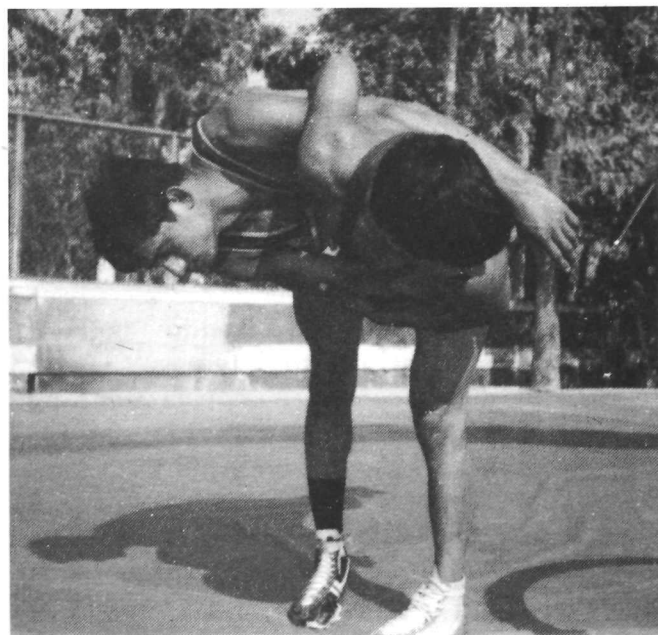


Fig.: 354 (54A) Over hooking throw (Duhattha Band)

hand and right from the left. 3. Bending forward and turning face. 4. Sitting upon buttocks. 5. Pinning the opponent sideways by roll.

55. B. Counter (Tor) Hard tight grip (Kardi Pakar):— 1. Surpassing both hands into armpits. 2. Hands grip upon the back. 3. Twisting the opponent reverse. 4. Pinning backside with jerk.

56. A. Hand lock trip (Tekan Tang):— It is useful hold for the fall wrestlers applied in free style wrestling. While standing face to face over lock his left arm into your right hand and turning to left apply inner leg trip in his left leg bending down and placing left hand down drag him to roll into pinning position.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Dropping right hand hook in arm. 3. Inner leg trip. 4. Placing left hand dropping the opponent. 5. Lifting leg up dragging the opponent.

56. B. Side (Palti):— 1. Rolling upon head. 2. Pinning the opponent from roll. 3. Control the fall by pumping weight.

57. A. Side slip leg trip (Moja Tang):— It is also a promising hold to pin the opponent which is useful for the tall wrestlers. While standing face to face upon the right stance hook your right hand into his left arm and grapine your left leg into his left leg and bending down forward with the opponent step by left leg towards his ankle and drop him to his backside in pinning position placing your right hand elbow.

Brief details (Nichor):— 1. Hooking right hand into his left arm. 2. Grapine right leg into his left leg. 3. Clinging right knee with his right knee. 4. Pulling right leg ankle from left hand. 5. Pinning him backward by roll. 6. Placing right elbow. 7. Controlling fall.

57. B. Counter (Tor) Leg stretch (Pair Failana):— 1. Shooting the right leg. 2. Avoid the leg from hold.

58. A. Buttocks jerk leg trip (Laddu Tang):—It is also a promising hold of free style wrestling to pin the opponent from face to face standing position. While face to face standing position oversieze your right hand upon his waist and grapine your right leg into his left leg holding his right arm from the left hand. Bending forward and lifting his left with your right leg pin him towards your right side.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Oversiezing right hand upon the waist. 3. Holding right arm from the left hand. 4. Grapine right leg into his left leg. 5. Pulling hand and lifting the leg. 6. Pinning towards right.

58. B. Counter (Tor) Back Push (Baja):— 1. Holding his waist from both hands. 2. Reverse snap of your leg upon his left leg. 3. Pinning back with snap.

59. A. Double grip leg trip (Ek do hatthi tang):— If you are aware of this kind of leg trip you can pin the heavy wrestlers in free style wrestling. While in standing position when the opponent has hold you from behind, grasp his right hand wrist from your left hand grapining your right hand surpassing it upper his arms. At the same time

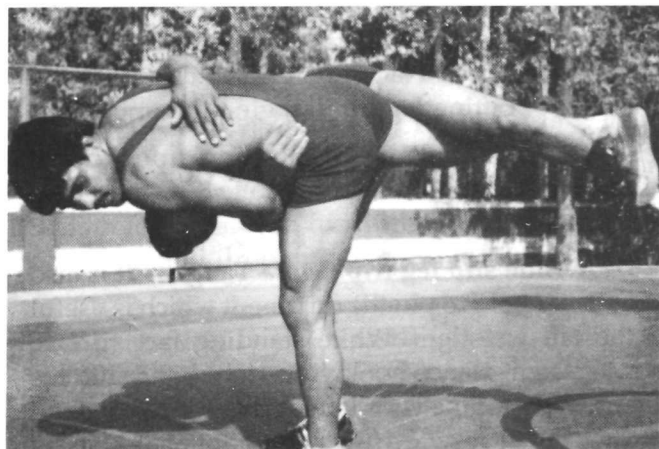


Fig.: 355 (58A) Buttocks jerk leg trip (Laddu Tang)

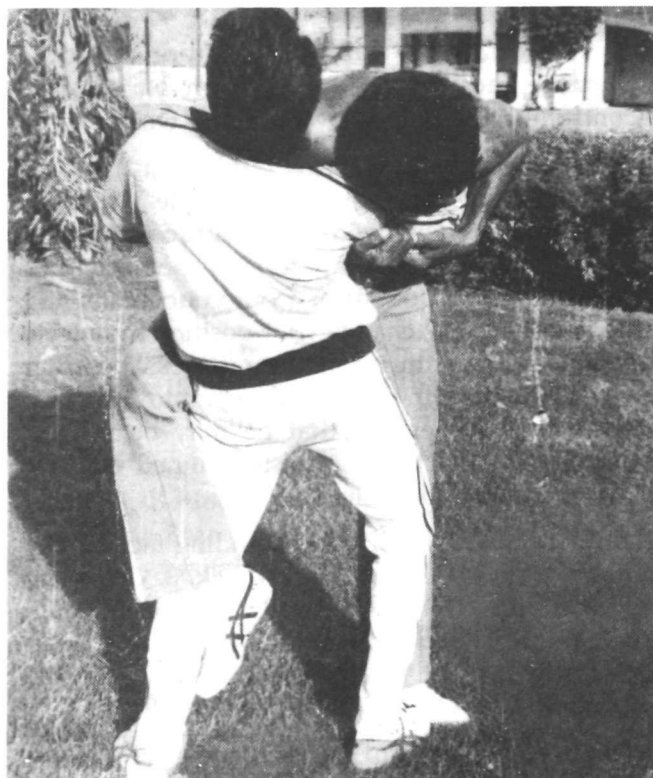


Fig.: 356 (58B) Back Push (Baja)

grapine your right leg with his outer right leg from outside. Bending forward and turning to the left lift him up and pin him towards your right side.

Brief details (Nichor):— 1. Holding right wrist of behind wrestler. 2. Grapine right hand from elbow. 3. Grapine right leg as outer leg trip. 4. Bending forward turning face. 5. Falling towards right. 6. Controlling fall throw step over.

59. B. Counter (Tor) Riding (Sawari):— 1. Holding opponents waist with both hands. 2. Applying left leg scissor. 3. Applying right leg scissor alternately. 4. Dropping the down with sharp jerk. 5. Flattering the opponent with back grip.

60. A. Reverse hold (Ulti tang):— It is also a important pinning hold from face to face in free style wrestling. While standing face to face upon right stance place your right hand upon his neck and surpassing left hand into his right armpit make both hands grip on his back. Afterwards turning to left taking reverse direction apply inner leg trip and grapine your right leg into his left. Twisting him likewise and lifting his leg up pin him sideways with sharp jerk.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Placing right hand upon neck.

3. Surpassing left hand from right armpit. 4. Both hands grip upon back. 5. Bending sideways and turning face. 6. Lifting leg and twisting upper body. 7. Pinning the opponent sideways.

60. B. Counter (Tor) Tight hold (Dhak):—

1. Binding both arms from face to face. 2. Taking the opponent upon buttocks. 3. Throwing the opponent sideways with a sharp jerk. 4. Resting on buttocks shooting legs control the fall.

61. A. Rolling leg trip (Palti Tang):—It is also a promising pinning hold of free style wrestling. While standing face to face upon right stance surpassing right hand upon his left side of the neck and left hand from his armpit make both hands grip upon his back grapine your right leg into his left leg and stepping by your right leg forward near his right leg twist him reverse from both hands with full force so he will be falled towards backside.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Holding neck and upper portion from both hands. 3. Grapining right leg into his left leg. 4. Stepping own right leg with his left leg

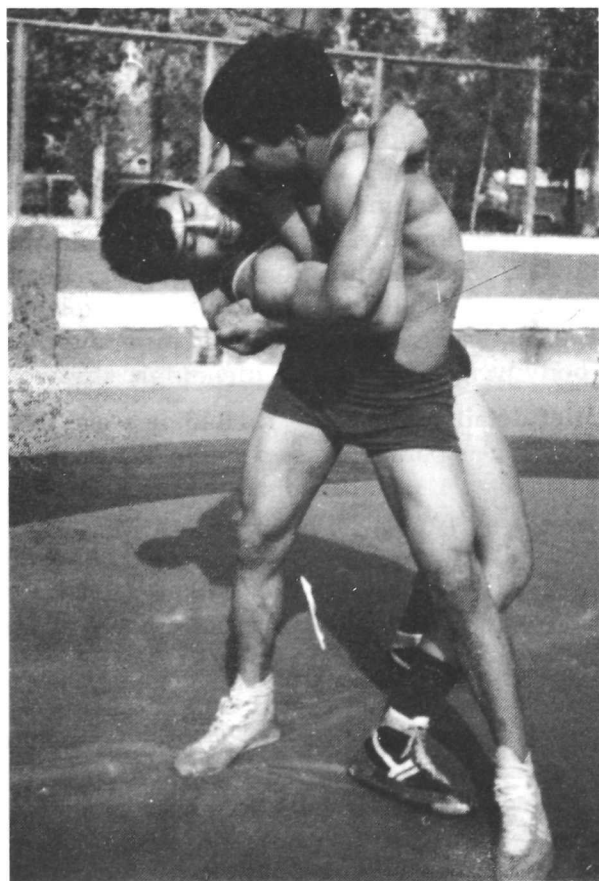


Fig.: 357 (91A) Rolling leg trip (Palti Tang)



Fig.: 358 (59A) Double grip leg trip (Ek do hatthi Jang)

placing near his right leg. 5. Turning towards right with jerks. 6. Pulling the leg twisting reverse. 7. Control fall by pumping weight upon him.

61. B. Counter (Tor) Leg Trip (Ulti):—

1. Binding both legs. 2. Stepping forward hitting the right leg from backward. 3. Pinning after a jerk.

62. A. Thigh Swing (Jhhulan Pat):—It is also a very very promising hold to pinning the opponent from face to face position in free style wrestling. While standing in face to face upon right stance surpassing your head sideways to the left grasp his both thighs with hands contacting the right shoulder and taking both legs parallel bending the knees down lift him up facing upward with a sharp jerk. Now oversiezing your right hand upon his waist and swinging his legs sideways to left placing the right knee upon the mat pin him and control him by tilting weight upon him.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Grasping both legs. 3. Surpassing head sideways shoulders touching thigh. 4. Legs parallel lifting up with jerk. 5. Encircle the waist from right hand. 6. Placing right knee upon the met. 7. Pinning there and controlling.

62. B. Counter (Tor) Monkey climb (Bander Chadhan):—1. Bending down holding opponents leg from both hands. 2. Climbing up like a monkey. 3. Releasing hold face to face.

63. A. Leg bar (Pagdanda):—It is a match less hold of free style wrestling to pin the opponent. When you have to apply this hold let the opponent

grasp your thighs from both hands or when the opponent is holding your thighs at the same movement turning to the left holding his right arm from your left hand surpass your right hand in side his left thigh and bending down pulling his arm turning left lift his left leg up high from your right hand bar (Palm) so that he may be falled towards your right with a fast throw.

Brief details (Nichor):— 1. Face to face right stance. 2. Grasping thighs surpassing head sideways. 3. Turning left bending forward. 4. Applying right and bar in left leg. 5. Placing his arm and lifting leg by hand bar. 6. Pinning the opponent sideways in a semi circle. 7. Control fall by tilting weight and shooting legs backside.

63. B. Counter (Tor) Switch (Roome):— 1. Applying switch towards hand bar. 2. Switch upon right hand. 3. Shooting legs forward raising chest. 4. Tilting weight upon his arm. 5. Holding the waist after a semi circle turning.

64. A. Sky Salto (Ambar Putthi):— It is International and olympic hold of free style as well as Greco-Roman wrestling to pin the standing wrestler from behind. Hold his waist with both hands simple grip keeping the legs apart parallel and bending placing the chin upon his back. Now lift him up with a sharp jerk facing the sky making a backward arc after this surpassing the right hand upon his neck turning to the left placing the left knee upon the mat drop him down in the pinning position and control the fall by stepover.

Brief details (Nichor):— 1. Holding waist from behind. 2. Both legs parallel and knees bent. 3. Placing chin upon back. 4. Lift him by a rainbow shape. 5. Surpass right hand upon shoulder. 6. Placing left knee sideways. 7. Turning left placing elbow. 8. Step over. 9. Controlling by tilting weight.

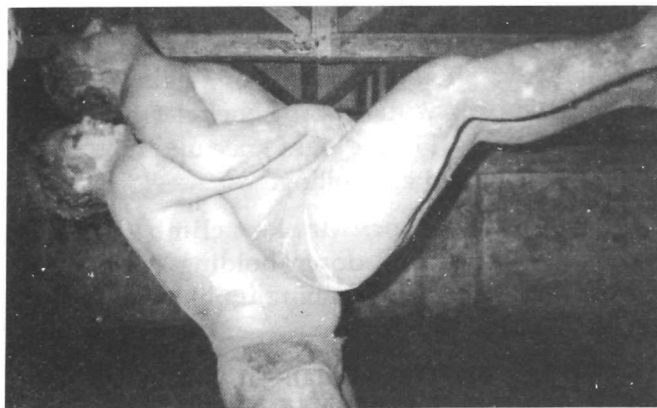


Fig.: 359 (64A) Sky Salto (Ambar Putthi)



Fig.: 360 (63A) Leg bar Pagdanda

64. B. Counter (Tor) Side swing:— 1. Holding right wrist from left hand. 2. Bending forward placing right hand making high bridge. 3. Shooting the right leg out side his outer leg. 4. Rolling after turning face. 5. Legs scissor sitting upon buttocks and rolling him. 6. Turning face pulling hand keeping pin.

65. A. High pinning Salto (Unchi Putthi):— It is very promising hold of free style as well as Greco-Roman wrestling. Which is used in Olympics. Behind the opponent holding his waist keeping the legs apart parallel, bent and placing the chin in his back bone lift him up with a sharp swing making a arc to backside and release him downward in kneeling position that he is dropped in pinning position. In this continuation change your hands and pull his both shoulders to fall him completely. Likewise control him accordingly by pumping chest and body weight upon him.

Brief details (Nichor):— 1. Holding waist from behind. 2. Legs parallel and apart. 3. Clinging chest with buttocks. 4. Chin in spinal cord. 5. Throwing the opponent upward from waist jerk looking up. 6. Making rainbow arc. 7. Holding and pulling shoulders. 8. Placing the knees alternate. 9. Controlling fall by tilting chest and body weight upon him.

65. B. Counter (Tor) Sit out (Dasrang):— 1. Shooting the legs forward sitting upon the buttocks. 2. Looking up raising chest upward. 3. Releasing opponents hands from both hands grip and keeping ragging forward. 4. Coming face to face after roll releasing the hold.

66. A. Heavy salto (Vajni Putthi):— It is also a good hold of free style wrestling to pin the opponent from behind. While standing behind the opponent holding his waist from left hand and left arm from your right hand, turn to left keeping your left leg apart and taking the reverse position place the wrestler upon your buttocks and throwing him to your left from sharp swing kneeling the left knee and right leg up like Hanuman stance so that his shoulders touch the mat and lower portion resting your right thigh.

Brief details (Nichor):— 1. Holding waist from behind. 2. Grasping left arm from right hand. 3. Right stance. 4. Left feet one feet to the left. 5. Taking reverse position. 6. Placing him upon buttocks. 7. Throwing left after bending. 8. Placing left knee and stand of bend hand. 9. Placing opponents weight upon right thigh. 10. Pressing fall by turning left.

66. B. Counter (Tor) Side spin (Bagal roomi):— 1. Holding wrist from right hand. 2. Clinging left with his left leg holding thigh from left hand. 3. Raising the heel placing the right knee and elbow down. 4. Rolling by turning the face. 5. Resting upon the buttocks rolling the opponent. 6. Tightening the hand and leg, turning face pinning the opponent.

67. A. Side swing Salto (Jhoola Putthi):— It is also a good hold of free style wrestling to pin the standing opponent from behind. While standing behind the wrestler holding his waist from both hands fix your chin upon the centre of his back keeping the legs apart parallel to each other knees bent. At once lift him up making rainbow and then towards right with a sharp swing and drop his



Fig.: 361 (69A) Reverse Salto (Ulti Putthi)

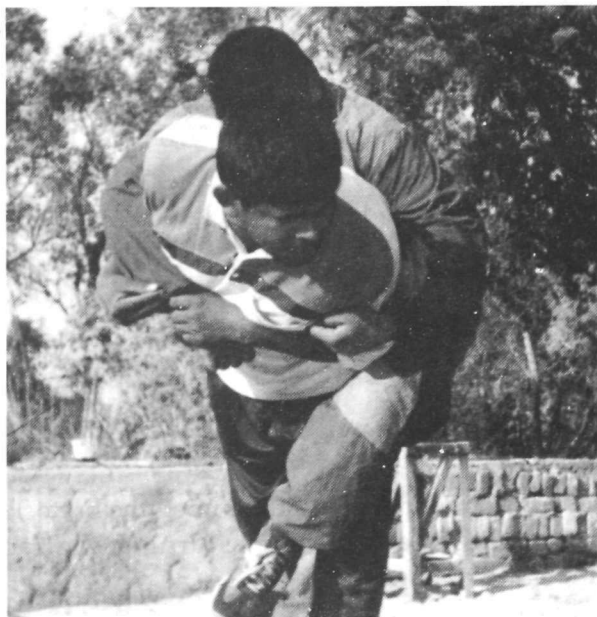


Fig.: 362 One legged ride (Ektangi Swari)

towards left upto the shoulders touching the mat placing the left knee down while the right leg standing towards right and the lower body of the opponent resting upon your right thigh placing the left hand sideways as a stand.

Brief details (Nichor):— 1. Holding the waist in standing position from behind. 2. Legs apart and parallel. 3. Chest cling with buttocks. 4. Chin fixed in spinal cord. 5. Lifting up by jerk in rainbow arc. 6. Swing towards right. 7. Placing left leg upon the mat. 8. Waist upon the right thigh. 9. Stand of the bent hand. 10. Pinning down.

67. B. Counter (Tor) Bagal roomi (Side Swing):— 1. Holding wrist from right hand. 2. Placing left leg with his left holding left thigh. 3. Lifting the heel placing right knee and right elbow. 4. Rolling and turning face. 5. Rolling the opponent sitting upon the buttocks. 6. Tightening the legs and hands turning the face pinning the opponent.

68. A. Movement salto (Hillor Putthi):— It is also a promising free style wrestling hold to pin the standing wrestler from behind while standing behind the opponent holding his waist grasp his right arm from your left hand and keep as the right stance. Now keeping the left foot one feet left and turning to the left taking him upon the buttocks lifting up with a fast movement throw him down placing the left knee down and right knee standing while the lower body of the opponent resting upon

the thigh and shoulders touching the meet in pinning position as left elbow resting towards left.

Brief details (Nichor):— 1. Holding waist from behind. 2. Grasping right arm from left hand. 3. Right stance. 4. Left stance towards left. 5. Right at the place of left. 6. Left leg upon the mat. 7. Stand of left hand. 8. Resting the lower body of opponent on the right high.

68. B. Counter (Tor) side swing (Bagal roomi):— 1. Holding right wrist from right hand. 2. Clinging left leg with his left leg, holding his thigh. 3. Lifting the heel placing right knee and elbow. 4. Rolling and turning face. 5. Rolling the opponent from upper side sitting upon the buttocks. 6. Tightening the legs hands turning the face spinning the opponent.

69. A. Reverse Salto (Ulti Putthi):— It is some unnatural and strange hold which is generally used in Indian style wrestling, whereas it is Free Style wrestling hold also while standing behind the opponent. Holding his waist grasp his left arm from the left hand and taking reverse direction place him upon your buttocks in reverse position and throw him sideways contrary so that he may be pinned bitterly and then control him by tilting weight upon him.

Brief details (Nichor):— 1. Holding waist from behind. 2. Grasping arm from left hand. 3. Placing him upon buttocks in reverse direction. 4. Throwing sideways from buttocks jerk. 5. Controlling fall by pumping weight upon him.



Fig.: 363 (69A) Reverse Salto (Ulti Putthi)

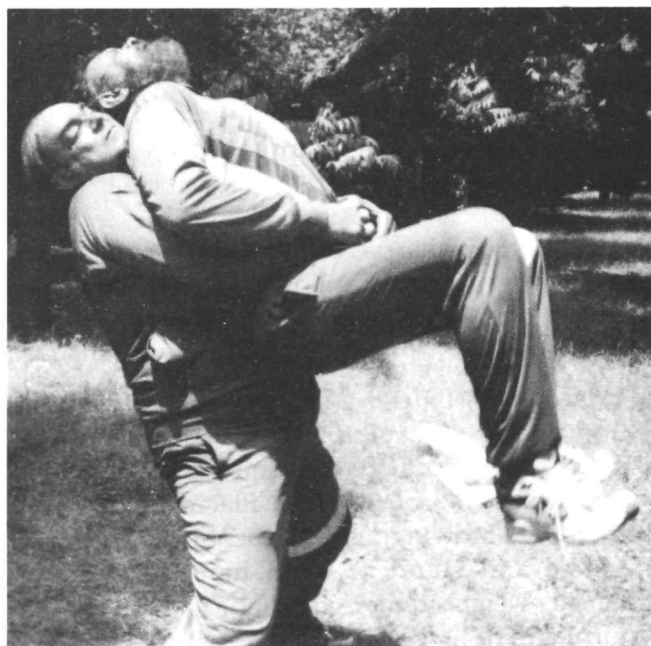


Fig.: 364 (68A) Heavy salto (Vajni Putthi)

69. B. Counter (Tor) Side swing (Bagal roomi):— 1. Holding wrist from right hand. 2. Changing left leg with is left leg, holding thigh. 3. Lifting the heel placing right knee & elbow. 4. Rolling by turning the face. 5. Resting upon the buttocks rolling the opponent. 6. Tightening the hand and leg of turning face pinning the opponent.

70. A. Flying Mare (Dhobi Pat):— Flying mare is the Mahabharata period olden hold for which Mahabharata and Purans have description. It is such kind of action from which the bout is decided in a glimpse which is mostly used in Greco-Roman. It is very beneficial for the small size wrestlers. When both of you are standing upon the right stance during face to face position to step him forward push him back so he will try to step forward due to reaction. Now holding his right arm and forearm in both hands. Afterwards taking he reverse position surpass his right hand upon your right shoulder and placing the left knee upon the mat and bowing down raising the buttocks up pull his hand down and throw him upon yourself rolling so that he may be pinned forward and than control him by pumping weight.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Holding right arm from both hands. 3. Taking reverse position placing his right hand upon your right knee. 4. Placing left knee upon the mat. 5. Pulling hand touching the head upon bent

knee. 6. Making body round raising buttocks. 7. Rolling the opponent forward in pinning position. 8. Shooting the legs backward controlling the fall by chest hands and body easily.

71. A. Western Flying Mare (Bagli Dhobi Pat):— It is a European type of Flying Mare which is generally used in Olympics and world championship. It is very very promising and amazing hold of free style and Greco-Roman style wrestling to pin the opponent from standing position. While standing face to face upon right stance grasp his right hand from your left hand and stepping forward wrap your right hand in his right hand surpassing it under his arm. At the same time turning to the left and taking reverse position surpass your buttocks and body from his right armpit so that you may be able to lift the opponent being tight. Now facing left, pulling his hand from both of your hands bending down and raising the buttocks lift him high and throws him to wards your right from waist jerk rolling head down and legs up in pinning position and afterward control him by pumping weight upon him.

Brief details (Nichor):— 1. Face to face right stance grasping right wrist from left hand.

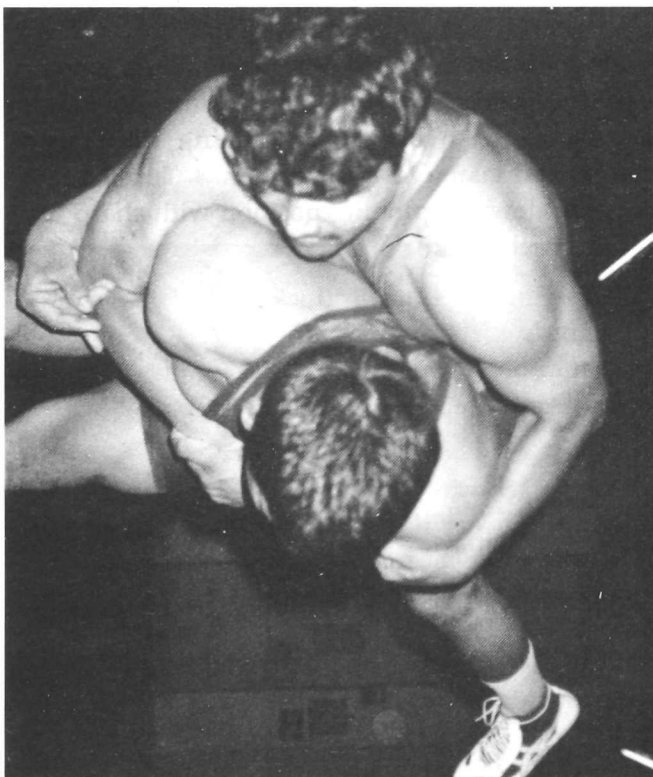


Fig.: 365 (71A) Western Flying Mare (Bagli Dhobi)

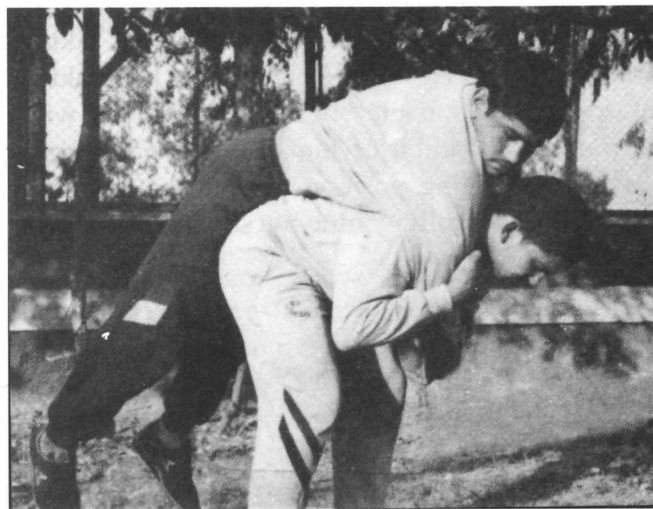


Fig.: 366 (70A) Flying Mare (Dhobi Pat)

2. Wrapping right hand with own right hand. 3. Stepping forward surpassing buttocks and body side ways from his right armpit. 4. Pulling hand, bending forward raising buttocks, facing left lift the opponent with waist jerk. 5. Throwing sideways in head down and legs up rolling position. 6. Controlling fall by pumping weight.

72. A. Tight hold (Jaffa):— It is a hold of strength from which the opponent is dropped in pinning position. It is generally used in Indian style wrestling. While standing face to face upon right stance surpass your both hands from his armpits and make both hands grip at his back. Now tightening both power use your right leg hitting him back ward in pinning position and control him by pumping body weight.

Brief details:— 1. Face to face upon right stance. 2. Surpassing both hands from armpits. 3. Both hands grip upon his back. 4. Tightening hand twisting him. 5. Applying right by trip across the left leg.

72. B. Counter (Tor) Buttocks throw (Dhawwa):— 1. Binding both hands. 2. Changing reverse direction turning face. 3. Taking the opponent upon the buttocks. 4. Throwing right side with jerk. 5. Placing right knee down. 6. Shooting legs forward and holding the fall.

73. A. Tight grip (Khapchi):—it is a very very promising hold of Free style wrestling to pin the opponent from face to face. While standing upon the right stance surpassing both hands from his

armpits make a grip upon his back. Now taking reverse direction legs parallel and knees bent taking the opponent upon the buttocks lift him up with sharp waist jerk and drop him rolling towards right side in the pinning position placing the left knee down and controlling him by shooting the legs forward.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Surpassing both hands into armpits. 3. Both hands grip upon back. 4. Changing reverse position. 5. Placing the opponent upon buttocks. 6. Lifting him with sharp jerk. 7. Dropping him in rolling position sideways. 8. Control the opponent fall kneeling and shootings legs forward.

73. B. Counter (Tor) Standing Switch (Khari Roome):— 1. Stepping right foot outside leg. 2. Pushing down his hand from left hand. 3. Applying right hand switch upon his right hand. 4. Shootings legs forward raising chest up. 5. Loosening him by tilting weight upon his arm. 6. Holding the waist from behind by roll.

74. A. Back turn (Joone Khapchi):— It is also a fine hold to pine the face to face standing hold in Free Style Wrestling while from face to face position controlling his both arms from your hands or binding him arms to encourage him to step ward step a bit backward and as soon as he attacks changing reverse position take him upon your buttocks and lift him up through waist jerk and

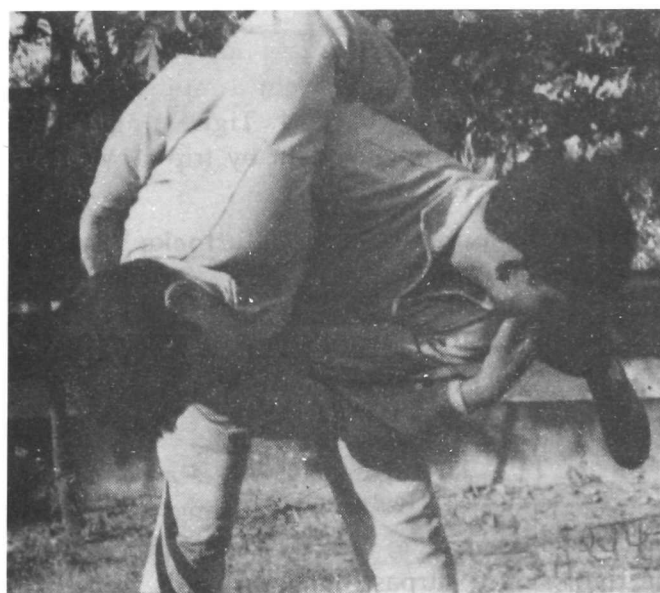


Fig.: 367 (74A) Buttucks throw (Joone Khapchi)

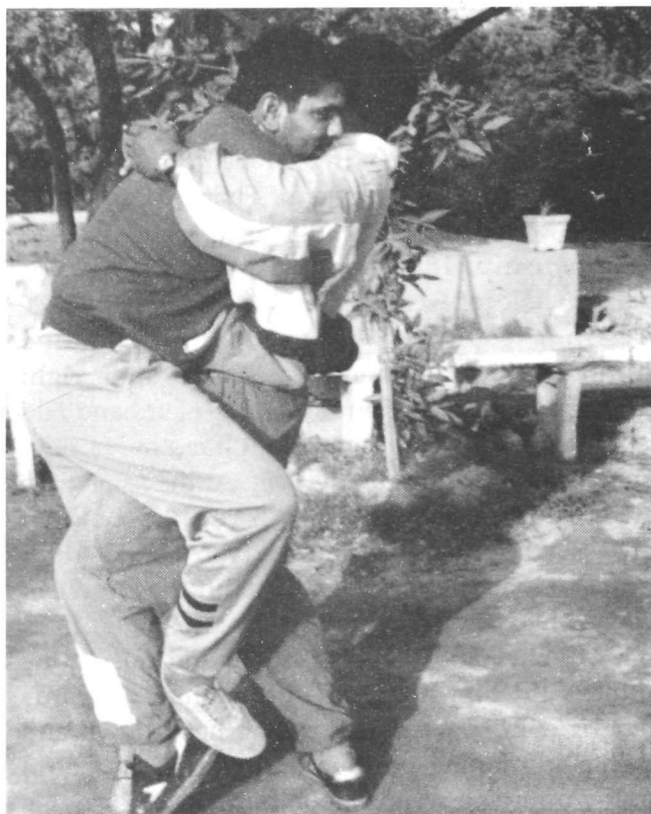


Fig.: 368 (73A) Tight hold (Jaffa)

drop him sideways in head down and legs up position recurring a quick fall and control there.

Brief details (Nichor):— 1. Grasping opponents both hands into own armpits. 2. Binding both hands encircle by own hands. 3. Placing him upon buttocks and taking reverse position. 4. Turning face dropping down in pinning position with sharp lift. 5. Holding the fall.

74. B. Counter (Tor) Buttocks jerk (Dhawwa):— 1. Changing reverse position. 2. Placing the opponent upon the buttocks. 3. Lifting the opponent from jerk and dropping sideways. 4. Controlling the fall.

75. A. Backward spin (Jholi):— It is also a good pinning hold applied from face to face position. While standing face to face when the opponent tackles your thighs with both hands you can apply this backward spin hold. Surpass you right hand upon his left arm into his legs holding the thigh. Now turning to the left and holding his neck or another arm lifting him up throwing him sideways to the left in rolling position. Placing the knee and throwing the placing the right leg upon him control the fall.

Brief details (Nichor):— 1. Face to face right stance. 2. Legs tackling by opponent. 3. Surpassing right hand into legs upper left arm. 4. Turning left bending down swing to left. 5. Lifting thigh up dropping fall sideways. 6. Placing left leg stepping over right foot controlling the fall.

75. B. Counter (Tor) Leg tackle. (Pat Lagna):— 1. Grasping opponents upper arm from right hand. 2. Holding hand bar wrist from left hand. 3. Pulling hand stepping left leg ahead. 4. Holding waist from left hand controlling from behind.

76. A. Back Salto (Chakkar Putthi):— It is very fine International wrestling hold of free style wrestling which is generally used in olympic as well as world wrestling from which one can fall easily. From behind clinging the chest with his buttocks fixing the chin on back bending the knees at once lift him up with a sharp swing making the rainbow are to backside and touch the forehead to your back making the bridge so that you may be able to touch the shoulder of your opponent on the mat and control him there making tight grip of hands.

Brief details (Nichor):— 1. Holding waist from backside. 2. Both legs parallel and knees bent. 3. Chest with buttocks. 4. Lifting up with jerk. 5. Making back bridge in rainbow shape. 6. Touching opponent shoulders upon the mat backside. 7. Controlling fall from tight grip.

76. B. Counter (Tor) Side swing (Bagal Roomi):— 1.



Fig.: 370 (74A) over hooking hold (Khapchi)

77. A. Front Salto (Ulti Putthi):— It is also very very promising International hold free style as well as Greco-Roman wrestling to pin the opponent easily from face to face position. While standing face to face upon right forward under him armpits and making both hands grip upon back, lift him up placing the legs parallel making the backward bridge placing your forehead backward upon the mat and keeping him up upon you from the tight hand grip. Now in the same continuation turn to the left with fast motion so that the opponent may reach down in pinning position while you control him upward.

Brief details (Nichor):— 1. Face to face position. 2. Surpassing both hands in armpits. 3. Both hands grip upon the back., 4. Legs parallel, Lifting him up. 5. Making high bridge touching forehead on the



Fig.: 369 (75A) Backward spin (Jholi)

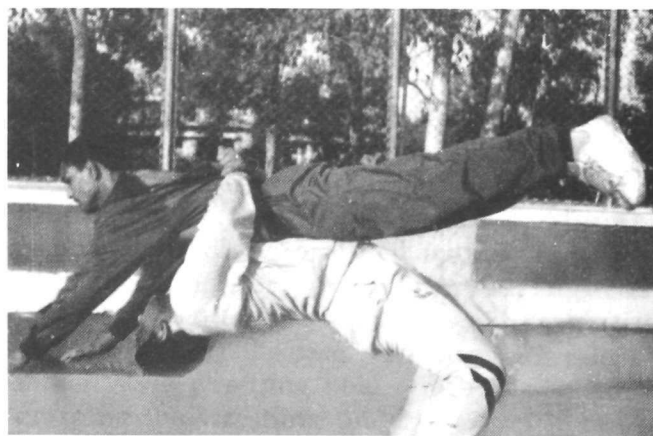


Fig.: 371 (77A) Front Salto (Ulti Putthi)

mat. 6. Sideways roll and on rolling the opponent in fall position.

77. B. Counter (Tor) Hips throw (Dhak):—

1. Binding the opponents hands. 2. Turning left changing reverse direction. 3. Placing him upon buttocks bending forward. 4. Throwing him toward right from waist jerk. 5. Placing the right knee sitting upon the buttocks in reverse position. 6. Shooting the legs forward pinning him.

78. A. Back Salto (Joone Putthi):— It is also a promising hold of Free style wrestling which has generally been using for opponent is pinned with a loud striking voice upon the mat. While standing face to face when the opponent is holding you from both hands from his both hands making the legs parallel lift him up with a quick movement and making a high bridge upon the mat roll at once to your left so that he comes down as well as you control from upside.

Brief details (Nichor):— 1. Binding both hands from face to face. 2. Legs parallel. 3. Lifting up from waist jerk. 4. Making high bridge touching forehead. 5. Rolling towards left from sharp movement. 6. Controlling the fall from upward.

78. B. Counter (Tor) Rolling hold (Palti):—

1. When the opponent is in bridge position. 2. Making himself bridge upon the roll. 3. Grip of both hands tightly. 4. Rolling sideways with jerk. 5. Reaching upon him after roll. 6. Pumping weight upon him pinning the opponent.

79. A. Rolling Side Salto (Bagal Putthi):— It is also a International wrestling hold to pin the opponent in face to face position in free style wrestling. While in face to face position surpassing



Fig.: 372 (79A) Rolling Side Salto (Bagal Putthi)

your right hand into his left armpit, hold right arm, striking the right hand into his armpit lift him up making a bridge in the air and pulling his right hands, take a turn to the left so that he may fall to your left coming upon him.

Brief details (Nichor):— 1. Face to face position. 2. Surpassing right hand into front armpit. 3. Pulling right hand. 4. Lifting up in a rainbow shape. 5. Taking turning in the air. 6. Control the fall easily.

79. B. Counter (Tor) Standing switch:—

1. Holding his arm from left hand from face to face. 2. Surpassing own right leg outside applying hand switch. 3. Shooting legs forward raising chest facing up. 4. Pressure upon hand and rolling sideways. 5. Holding from behind after stepping forward.

International pinning holds from face to face positions and the counters conditioning exercises for application of holds.

Ankle squeeze, Ankle Knot, combine hold, Back fall, Back stop, Forward snap, Tight Throw Backward spins, Sitting lifts, Neck lever body press, leg picks, singles, single and double thigh Tackles, standing Sarothas, Power hold, Leg cradle, Cross hips, Kabootarband. Rakabi, Turning Nelsons etc. International holds and the counters given in the book.

In this chapter also the pinning holds from face to face position are given in which sitting lift, Neck lever body press, power holds, cross holds, Rakabi are of Greco-Roman hold whereas Ankle squeeze, Leg hit, combine hold, Back fall, Back drag, Twisting hold, Legs lift, sitting lift. Turning and Neck lever body press, Ankle squeeze, single leg picks, Leg split, Leg Tackles. Forward snap, Thigh, Push, Standing Sarotha, Rolling hold, Kabootarband, Power hold, Leg cradle, cross hips, Rakabi, upper floating leg cross etc. Free style holds are given in this chapter are the world famous techniques from which the opponent drops direct



Fig.: 373 Conditioning exercises Easy pinning positions



Fig.: 374 Conditioning exercises for tight grip, leg hit, ankle knot, double leg tackle etc.

fall from face to face as no need to pin him after dropping down.

For application of holds here it is being mentioned the parallel exercises for the same. Ankle squeeze is a promising hold to pin the opponent from which he falls reverse as he has slipped from a grassy land. For parallel exercise of this hold solidatory standing bending your right leg paw inside extend the leg and then pull it from this you will be habitual to apply the ankle squeeze. For leg hit you can practise standing in front of a tree as extending right leg towards right and hitting it on the free towards the left, do it again and again. This combination hold is practised upon a dummy or standing solidatory extending your right leg backward bending forward raise it as high as possible turning the face. Likewise back fall is a Indian style wrestling hold which is applied by grasping the wrestling underwear yet it can be practised on the mat. For back drag the practice of Hanuman stance will be sufficient. For the pressure

snap standing solidatory raise the right hand above and pushing it forward pull the left hand back ward as one pulls thigh. Likewise you can practise for legs lift lonely.

For application of sitting lift practice to sit upon paw and heed and close the both sideways touching upon the chest. Neck lever body press is the power hold of hand. To twist him with blind force and pin. Likewise Ankle picks are bending holds for the same you can adopt bending P. T. Exercises. Leg Tackle exercises have already been mentioned of like wise back snap is practised upon the tree. Thigh push is a ordinary hold which is only a downward push of the thigh for which need not to mention for standing sarotha one should practise for the same hold in practical. Likewise power hold is a hold of power for which placing the right hand upon the neck pulling the other hand practised. Likewise rolling hold or, kabootarband holds are practised in air or upon the dummy. Likewise to practise the leg craddle move the straight hand sideways in the air. Likewise cross wrist and Rakabi are practised upon dummy or wrestler. For the upper floating leg cross practice are should practised for the same, moreover counters of all the holds are given in the book.



Fig.: 376 Weight sit ups the said conditioning exercise is required to bear the body weight of the opponent during applications of many holds

1. A. Inside Ankle squeeze (Andarli Anti):— It is also a promising free style wrestling hold to pin the opponent from face to face standing position to whom this squeeze is applied falls backward like a dead body. When both of you are fighting upon the right stance, placing your right hand upon his neck and holding the right hand wrist pull his neck by sharp jerk. As soon as he lifts his head up grabbing right Ankle before his right leg heel. Pull it sideways to the right. Now push his head towards the left with the sport of wrist and pulling his right hand towards right side fall him to your left side and control after being pinned.

Brief details:— 1. Face to face upon right stance. 2. Holding right wrist by left hand. 3. Knot of right. Ankle in right heel. 4. Pulling the leg at 45°. 5. Pushing the neck towards the left. 6. Dropping him towards the left side. 7. Control him in pinning position.

1. B. Counter (Tor) combination hold (Sakhi):— 1. In the hold squeeze. 2. Extending the leg applying combination leg. 3. Holding hand by hand. 4. Bending forward lifting the grapine leg. 5. Landing the knee dropping with him. 6. Turning the face and control fall.

2. A. Outside Ankle knot (Baharli Anti):— It is also the popular free style wrestling hold in which the opponent falls bitterly. This is a bit different then above. When you are fighting upon the right stance grasp his right wrist as above from your left hand and place the right hand upon the neck, drag him upon the left stance by means of pulling and pushing action and placing the left step forward encircle his left leg heel in your right legs



Fig.: 375 (1A) Inside ankle squeeze (Andarli Anti)

Ankle hook and pull the leg 45 degree sideways left bending your leg. Moreover extending the neck hand pull his head towards right side pulling the right hand also drop him sideways by a sharp jerk in the pinning position and control him at once.

Brief details (Nichor):— 1. Right stance. 2. Holding right wrist by left hand. 3. Right hand upon the neck. 4. Placing right feet forward. 5. Right leg knot is left heel. 6. Pulling leg sideways 45 degree. 7. Pulling hand also. 8. Extending hand pull and drop him forwards right. 9. Control the pinned opponent.

2. B. Counter (Tor) Leg hook (Anti):— 1. Lift the leg seize the opponent leg by knot. 2. Pulling the neck and wrist from the hand. 3. Pull the leg sideways at 45 degree and pinning bitterly.

3. A. Pushing ankle hold (Dhap Anti):— It is also a free style wrestling hold which is in the same continuation of free style wrestling hold but it is very interesting while applying. When both of the wrestlers are fighting upon the right stance by means of pulling the neck as soon as he raises his neck up applying the right ankle knot behind his right heel. Pull your leg towards 45 degree right side and push his upper portion by closing your bended fore arm with his chest. From these both



Fig.: 378 (2A) Outside ankle knot (Baharli anti)

pulling and pushing action the opponent will fall towards backside and control him there.

Brief details:— 1. Right hand upon the neck. 2. Holding right wrist from own left. 3. Applying right leg knot before his right heel. 4. Pulling right leg towards 45 degree right. 5. Push of right hand. 6. Pulling hand. 7. Fall him towards back.

3. B. Counter (Tor) Leg Hook (Anti):— 1. Turning the leg apply knot. 2. Holding the opponents wrist. 3. Pulling the neck by head drag. 4. Pulling the knot. 5. Fall back with the push of hand.

4. A. Leg hit (Chapras):— It is a much promising hold of free style wrestling to pin the opponent from face to face position. When both of your are fighting upon the right stance from face to face position grasping his right wrist from your left hand place your right hand upon his neck. Now pulling his head down forcibly drag him upon the left stance applying right leg hit outside drop him fall in sideways.

Brief details (Nichor):— 1. Face to face right stance. 2. Grasping wrist from left hand and Neck from right. 3. Pulling neck hitting left legs closing the fore arm in chest fall him back.

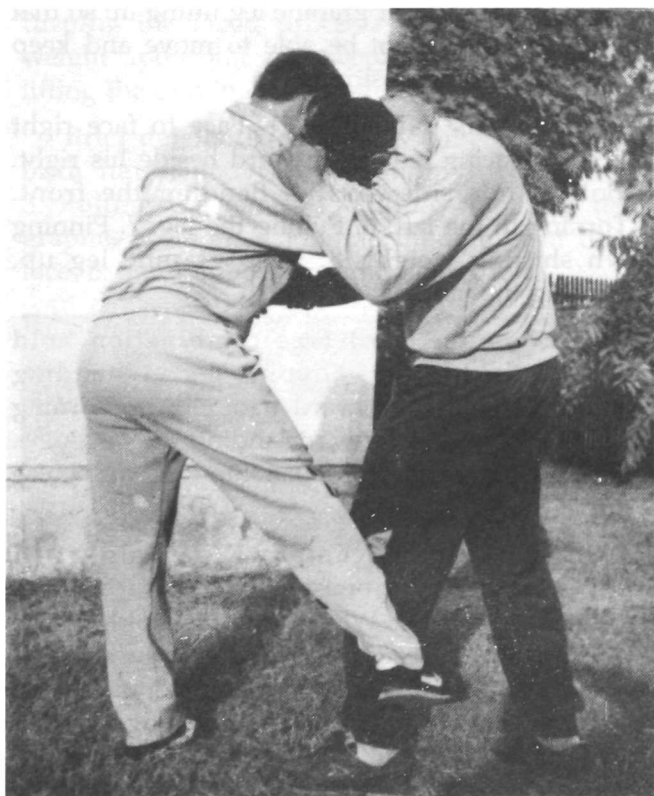


Fig.: 377 (4A) Leg hit (Chapras)

4. B. Counter (Tor) Leg hit (Chapras):—

1. Holding the opponents upper arm from face to face position. 2. Placing the right hand upon the neck. 3. Applying leg hit upon his left leg.

5. A. A front combination hold (Sakhi):—

It is a Indian style wrestling hold useful for free style wrestling also to pin the heavier than heavier wrestlers from face to face position. When both of you are fighting upon the right stance holding his right wrist from your left hand place the left leg sideways outside his leg. Now encircling his arm surpassing the right hand from downward grapine your right leg in his right leg and pulling the hand and lifting the leg up turning the face bend forward in a round shape with a jerk. In this continuation drop yourself with him and control the fall by lifting the leg up, pulling the hand and turning the face.

Brief details (Nichor):— 1. Standing face to face position upon right stance. 2. Holding right wrist from left. 3. Former leg one step forward. 4. Grasping right arm from right hand. 5. Grapining right leg into right. 5. Bending forward. 6. Lifting the leg up, pulling hand. 7. Drop himself down side ways upon him.

5. B. Counter (Tor) Combination hold (Sakhi):—

1. Combination hold position upward. 2. Bend himself forward before the rival. 3. Lifting leg up pulling the hand. 4. Turning face and drop himself with him toward. 5. Control him fall with same actions.

6. A. Frequent combination hold (Nihatthi Sakhi):—

It is also the same hold of free style



Fig.: 379 (7A) Backward combination hold (Ulti Sakhi)



Fig.: 380 Hand grapine combination hold (Sanjhi Sakhi)

wrestling heaving a little different that it is applied without using the hand when the opponent wrestler is standing face to face in standing position upon the right stance for the fight. Step upon your left leg and place it beside his right leg on his right side and grapining your right leg into his right leg from inside at the same movement, bend your trunk down lifting the grapine leg high. Now fall him down putting your body weight upon him turning to the right. Keep your grapine leg lifting up so that the opponent may not be able to move and keep him in the pinning position.

Brief details (Nichor):— 1. Face to face right stance. 2. Placing left leg forward beside his right. 3. Both hands sideways. 4. Bending the front. 5. Turning to the left. 6. Pulling the leg. 7. Pinning down shifting weight. 8. Keep grapine leg up. 9. Turning the face.

6. B. Counter (Tor) Free combination hold (Nihatthi Sakhi):— 1. Grapine leg in standing position. 2. Bending forward with jerk. 3. Turning the face. 4. Ragging forward landing the left knee. 5. Shifting weight control fall. 6. Stop fall lifting the leg up.

7. A. Backward combination hold (Ulti Sakhi):— It is very promising and tactful hold of free style wrestling. When you are holding the opponent from behind then stand still towards his right side encircling his waist. Non stepping with right leg in front of the opponent touching his right knee and cling your left leg backward with his leg. Now making your both hands free grapine your leg into his right leg. Bend your trunk forward in the opposite direction and jerking forward lifting the

grapine leg upward enough turning the face drop yourself with the opponent up on the mat in the pinning position. Lifting the grapine leg up and tilting weight upon the opponent, pulling his mouth from the right hand control him there fall.

Brief details (Nichor):— 1. Encircling the waist from left hand. 2. Right leg forward and left backward. 3. Both hands open towards back side. 4. Changing reverse direction. 5. Grapine right leg into right. 6. Bending forward with jerk. 7. Turning the face. 8. Pinning him and control.

7. B. Counter (Tor) Turning hold (Palti):— 1. Grasping his waist the opposite direction. 2. Falling upon the buttocks, right hand sport. 3. Sport of right leg. 4. Turning in the circle upon the opponent. 5. Coming upon the opponent in the circle holding his waist.

8. A. Flat combination hold (Lamlet Sakhi):— It is also a promising free style wrestling hold applied from face to face standing position. When the opponent is applying combine hold upon you can apply the same hold on his if you act before the opponent, when you are indulged in combination hold at that time with or without holding the opponents hands suddenly bend forward making the stance of a round ball and turning the faced towards lift tilting full body weight upon him and keep him pinning there by lifting the grapine leg right.

Brief details (Nichor):— 1. Graping wrist from both hand. 2. Drive his hand towards right. 3. Pulling the hand. 4. Pulling the right leg in grapine position. 5. Pinning the opponent turning face. 6. Shifting body weight control fall.



Fig.: 381 (8A) Flat combination hold (Lamlet Sakhi)



Fig.: 382 Waist grapine combination hold (Lapet)

8. B. Counter (Tor) Combination hold (Sakhi):— Applying combine hold on the hold. 2. At first bending forward. 3. Turning the face. 4. Lifting the leg upward control the fall.

9. A. Combine combination hold (Sanjhi Sakhi):— It is also a promising free style hold to fall the opponent from face to face position when the opponent is applying combination hold holding the hands or without holding the hands you can apply the combination hold before him. Suddenly bend forward like a round ball lifting his grapine leg up facing another side. Keep the leg lifting up and control the opponent in pinning position by means of pressure.

Brief details (Nichor):— 1. Application of combination hold by opponent. 2. Bending forward in a eye movement. 3. Landing the knee turning the face. 4. Dropping down with fast swing. 5. Lifting the leg up keep controlling the fall.

9. B. Counter (Tor) combine combination hold (Sanjhi Sakhi):— 1. Combination hold upon the hold. 2. At first himself bending forward. 3. Turning the face land the knee. 4. Lifting the leg up keeping the fall.

10. A. Waist grapine combination hold (Lapet Sakhi):— It is also the promising free style wrestling hold to fall the opponent from face to face position. You can apply combination hold in standing or sitting position when you find the occassion to grapine the leg from behind or front. It you have been indulged in the right armpit of the opponent and holding his right hand from your left. To make the combination hold surpassing the right hand under his armpit encircling this hand reverse round his waist grapine your right leg in

his leg and bending forward. Lifting the leg up and turning the face drop down with the opponent control the full putting the pressure upon him.

Brief details (Nichor):— 1. Encircle right hand round the waist. 2. Grappling right leg into his right leg. 3. Bending forward and lifting the leg. 4. Fall down turning face.

10. B. Counter (Tor) Waist grapine combination hold (Lapet Sakhi):— 1. Making combination hold upon combination hold. 2. Encircling the waist of attacker. 3. Lifting the leg up turning face dropping fall.

11. A. Leg hit back drag (Girah):— It is a fast hold of free style wrestling to pin the rival from behind in standing position. While from standing behind stands to his sideways left placing right foot before his left leg grasp his right arm from your right hand. Apply left hand reverse arm bar in his left leg porch. Now pulling his shoulder and pushing his leg by jerk landing the knee pin him down backward forcing the opponent.

Brief details (Nichor):— 1. Holding the waist from behind. 2. Holding right shoulder from right hand. 3. Apply left arm bar in porch. 4. Landing right knee Dropping the opponent reverse. 5. Pulling back drop fall.

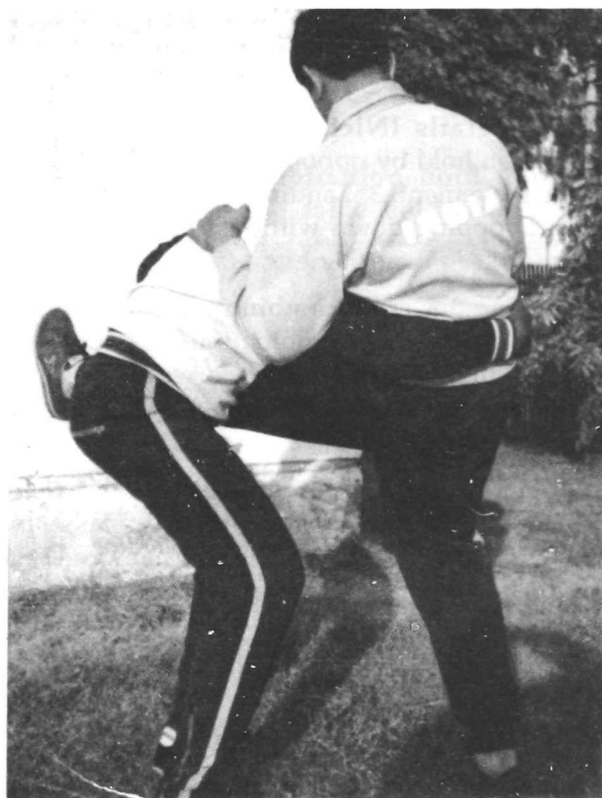


Fig.: 383 Swinging Back drag (Chakkar Girah)



Fig.: 384 Waist grapine combination hold (Lapet Sakhi)

11. B. Counter (Tor) Inside leg hit (Andarli Tang):— 1. Tie up the both arms of the rival. 2. Grapine the right leg into right foot. 3. Bending forward turning the face. 4. Lifting the leg up pulling it. 5. Roll in side and control pinning.

12. A. Leg hit back drag (Danda Girah):— It is also a promising free style hold as the above drag is inner while it is outer. While grasping the opponent waist from behind encircle his waist in right hand only placing the right leg amid his legs backward. Now placing the left leg forward applying left hand arm bar into his right thigh landing the right knee fall him backward from a sharp jerk and control him there.

Brief details (Nichor):— 1. Holding the opponent from behind. 2. Standing left sideways encircle the waist by right hand. 3. Right knee standing before the legs. 4. Left knee forward. 5. Reverse and bar in right hand. 6. Pushing his stomach by head. 7. Pulling the thigh pushing from head. 8. Control the reverse fall.

12. B. Back slip (Andarli Tang):— 1. Holding the upper arm downwardly from both hands. 2. Right hand bar inside thigh. 3. Turning the face. 4. Rolling the fall in sideways. 5. Landing the knees both sides sit upon him like a rider.

13. A. Swinging Back drag (Chakkar Girah):— It is a promising free style wrestling hold in other words it is miracle to pin the opponent from face

to face standing position when both of you are fighting upon the right stance dragging him on the left stance capture his left hand from your both hands so that holding his ankle by your left hand and calf from right hand diverting towards left side. Now encircle your right hand or his waist. Now bending your trunk to right side in a semicircle landing the right knee pin him down sideways now rolling towards right stepping over your left leg upon him surpass from his leg and facing right side control in the fall position.

Brief details (Nichor):— 1. Upon right and left stances. 2. Capture the left leg from both hand taking sideways. 3. Holding waist by right hand. 4. Turning the body right side. 5. Landing the knee down. 6. Stepping over left leg Surpassed between legs. 7. Facing towards right controlling the fall.

13. B. Counter (Tor) Peeling hands (Hath Cheerna):—1. Swinging back drag position. 2. Bending, the knees. 3. Holding the revils hand from left to left right to right grasping the edges of the fingers. 4. Rubbing the both hands sideways downwards. 5. Appearing face to face after turning.

14. A. Leg pick shoulder drag (Patak Girah):— It is also a world famous pinning hold of free style wrestling from face to face position which is applied as above having a bit difference when both of your standing face to face upon right stance dragging the opponent on the left stance holding his left leg

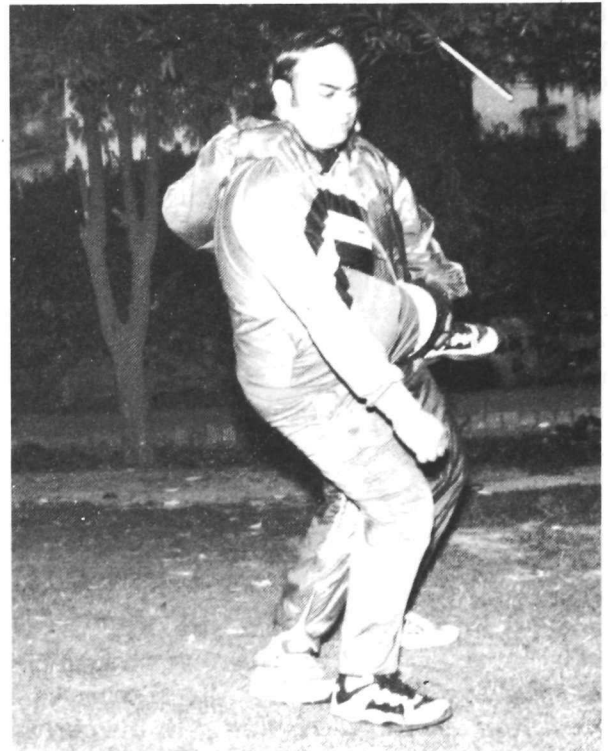


Fig.: 386 Leg pick shoulder drag (Patak Girah)

surpassed it sideways to the left and grasping his right shoulder turning his towards right and landing your right knee basing upon your paw pin him sideways and surpassing your left leg between his legs step over upon his and turning the faced to the right controlling their fall.

Brief details (Nichor):— 1. Upon right and left stances. 2. Capturing left leg left sideways. 3. Holding right shoulder from right hand. 4. Turning the body right. 5. Landing the right knee upon the mat. 6. Pinning down and stepping over left leg surpassing through both legs. 7. Pressing fall turning right.

14. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Basing upon one leg releasing the gripe of the other leg from left hand. 3. Holding the right leg from right. 4. Basing upon both leg. 5. Carrying the both hands downwards. 6. Appearing face to face by means of turning.

15. A. Cross hold (Lapet):— It is also a free style wrestling holds to pin the opponent from face to face position. It is a hold of power while fighting in face to face position drag the opponent upon the right stance placing the left hand upon his neck and placing the right leg in front of his both legs bending the knees holding his right out side thigh from your left hand now closing your forearm with



Fig.: 385 (15A) Cross hold (Lapate)

his chest push him back side and same time pulling the right thigh pin him towards his back shifting your weight go down upon his and control the fall.

Brief details (Nichor):— 1. Both upon right stance. 2. Right leg in front. 3. Placing right hand upon the neck. 4. Holding right thigh from another hand. 5. Pinning backwards by pushing or pulling.

15. B. Counter (Tor) Twisting hold (Mos):— 1. In circle the neck. 2. Surpassing the another hand from his armpit. 3. Placing the left leg in between his leg twisting him towards right side in semi circle. 4. Pinning him down and securing the fall. 5. Flat position.

16. A. Tight throw (Khapchi):— It is an important and simple powerful hold of free style and Greco-Roman wrestling to pi the opponent from face to face standing position. When both of you are fighting upon the right stance surpass your hands under his both armpits and now stepping forward changing the opposite direction placing the both feet parallel to each other shift the opponent upon your hips. Turning the face bending forward throw him fall towards your right with waist and hips jerk and press him there.

Brief details (Nichor):— 1. Face to face both hands grip upon the upper body. 2. Changing direction and legs parallel. 3. Knees bent. 4. Shifting the opponent upon the waist. 5. Turning face jerk of waist. 6. Throwing fall towards right and control.

16. B. Counter (Tor) Standing switch (Khari roome):— 1. Tiet throw position. 2. Opponent holding upper position. 3. Placing right leg outside



Fig.: 387 (17A) Back turn (Joon Khapchi)



Fig.: 388 (16A) Tight throw (Khapchi)

his right leg. 4. Holding hand in left armpit. 5. Apply hand switch upon the upper arm. 6. Extending legs and raising the chest. 7. Loosening the upper arm shifting weight. 8. Holding waist from both hands after rolling.

17. A. Back turn (Joon Khapchi):— It is also a hold of power to pin the opponent from face to face position relating free style as well as Greco-Roman wrestling. When both of you are fighting upon the right stance holding his both hands under your armpits make a hold by encircling his both hand from your hand grip. To encourage him for forward stepping push him backside. As soon as he steps forward change your position in the reverse direction and shift him upon your waist by lifting the rival up. Placing the legs parallel, bending forward and turning the face drop him down in fall position towards the right from the waist sharp jerk.

Brief details (Nichor):— 1. Right stance. 2. Both under own armpits. 3. Tighten the hands by over circle grip. 4. Changing reverse position. 5. Shifting the opponent upon buttocks. 6. Bending forward facing left. 7. Throw him sideways in pinning position from hips jerk. 8. Control the fall shifting weight upon him.

17. B. Counter (Tor) Hips jerk (Dhawwa):— 1. Changing the reverse position. 2. Holding the opponent upon the buttocks. 3. Dropping towards right by touching both shoulders.

18. A. Ankle hook back drag (Anti Girah):—It is take Arm hold of free style wrestling while in face to face position upon right stance drag the rival upon the left stance. Take his left leg sideways after capturing it from both hands and encircle the right

hand on his waist. Now applying right ankle hook in his placed right leg pulling it forward himself drop him four flat. Hold his waist from both hands after falling him down.

Brief details (Nichor):— 1. Standing upon right stance. 2. Taking right leg sideways after capture. 3. Encircle waist from right hand. 4. Pulling right leg from right ankle knot. 5. Dropping down. 6. Holding waist.

18. B. Counter (Tor) Scissor (Kainchi):— 1. Crosswise the leg upon thighs. 2. Taking sideways position basing upon hands. 3. Hitting upon the porches from another leg. Landing upon buttocks after roll. 5. Pinning the rival back. 6. Applying scissor in sitting position.

19. A. Neck press backward spin (Mugla):—It is also a artful hold of free style wrestling to pin the opponent from face to face standing position. It is a counter of leg tackle yet you can applying this hold in other positions also when both of your are fighting upon the right stance the opponent has placed his head under your belly for application of any hold so pressing his head from your left hand under the stomach and straightening the right hand palm facing upward place it under his left thigh. Now pressing the head down and lifting thigh up from the hand sit upon the buttocks to straightening the left leg outside his right feet and at the same time lifting him up drop him backward in the pinning position due to reverse rolling. Now basing upon the left elbow step over your right leg up facing towards left.

Brief details (Nichor):— 1. Face to face right stance. 2. Pressing the head from left hand. 3. Placing right hand under the thigh. 4. Sitting



Fig.: 389 (19A) Neck press backward spin (Mugla)



Fig.: 390 (19B) Counter Leg variation (Pat Nikalna)

upon the buttocks straightening the legs. 5. Dropping the wrestler reverse. 6. Stand of left elbow. 7. Step over right leg or. 8. Stepping over right leg. 9. Facing left and control fall.

19. B. Counter (Tor) Leg variation (Pat Nikalna):— 1. Surpassing the head sideways. 2. Holding thighs from both hands closing the shoulder. 3. Placing leg in between his feet. 4. Push of shoulder and pulling from hands pinning reverse. 5. Pressing him by flattening the legs.

20. A. Side grip and back spin (Palti Mugla):— It is also a patent hold of free style wrestling to pin the opponent from face to face position. During fighting face to face in standing position when the head of the opponent is under your chest or belly, pressing the head down surpass your right hand under his left thigh and left hand upward, make both hands wrestlers grip. Straightening your left hand outside right leg sit upon the left buttock lifting the opponent up and throw him reverse fall in your left side facing to left. Now landing your left elbow and stepping over your right leg upon his chest control him in pinning position.

Brief details (Nichor):— 1. Right stance. 2. Taking head under belly. 3. Right hand under thigh left hand upward. 4. Both hands grip. 5. Straightening the left leg. 6. Sitting upon the buttock. 7. Elbow stand. 8. Stepping over right leg. 10. Controlling fall turning the face.

20. B. Counter (Tor) Leg variation (Pat Nikalna):— 1. Holding thighs closing shoulder.

2. Placing leg in between legs. 3. Falling in reverse direction by pull and push. 4. Holding by ragging forward. 5. Controlling fall by flattening.

21. A. Encircle head backward spin (Roomi Mugla):— It is also a artful hold of free style wrestling to pin the opponent from face to face standing position. When both of you are fighting face to face in standing position upon right stance pulling the opponents neck right side or hold it by encircling the right hand. Now pressing the neck down with full force extending the both legs forward sitting upon the buttock grabbing his thigh in switch position lifting him up by hand throw him in your right side rolling upon the head in pinning position. After pinning rolling upon him and putting hand upon his upper both control him fall.

Brief details (Nichor):— 1. Face to face right stance. 2. Encircle the head in right armpit. 3. Sitting upon the buttock straightening the legs. 4. Left hand upon thigh and pressing the neck. 5. Throwing reverse from upward. 6. Throwing fall in right side. 8. Rolling towards right control fall.



Fig.: 391 Neck grip backward spin (Chakri Mugla)

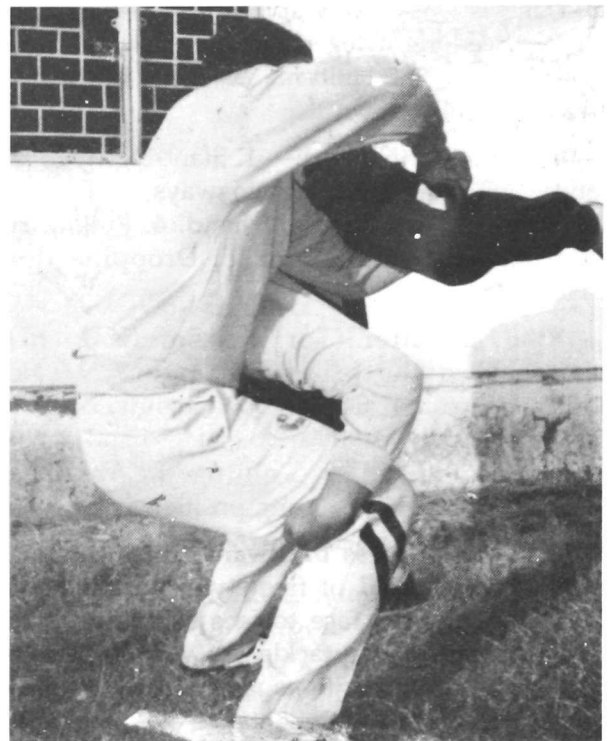


Fig.: 392 Side grip and back spin (Palti Mugla)

21. B. Counter (Tor) Leg variation (Pat Nikalna):— 1. Surpassing the head in sideways. 2. Holding thighs from both hands. 3. Landing the right knee in between the legs place. 4. Pulling by hands pushing by shoulder falling reverse. 5. Holding after ragging forward. 6. Pressing fall by flattening.

22. A. Wrist grip sitting lift (Baithak):— It is a world top hold of free style and Greco-Roman purely Indian style hold to pin the opponent standing in face to face position. The opponent flies in the air quickly from this lift, when both of you are standing face to face and you have been control under his body pressure at the same movement bowing your head down bind his right elbow in your left hook tightly and his left elbow by your right hand close your hands with your chest. Placing the legs parallel to each other sit down upon feet and raising your head up an tightening the hands throw the rival back rolling reverse upon your head. By this action he will fall bitterly towards your back Now straightening the legs forward and rolling reverse upon him control him in pinning position shifting the chest on his chest.

Brief details (Nichor):— 1. Standing face to face. 2. Bowing down bind the both hands. 3. Both legs parallel. 4. Sitting upon flat feet. 5. Raising the neck upward. 6. Pulling the hands throwing him rolling

behind. 7. Pressing the rival reverse. 8. Rolling upon chest upon his chest.

22. B. Counter (Tor) Jerk hold (Kainch):— 1. Sitting lift position. 2. Pressing the opponent from chest in face to face. 3. Straightening the legs back pulling. 4. Pressing the wrestler from pull and ragging behind and holding waist. 6. Controlling him from behind.

23. A. Slipping sitting lift (Rapat Baithak):— It is a patent hold of pinning from face to face standing position in free style as well as Greco-Roman wrestling. While standing face to face position upon right stance when you are applying leg tackle or any type of hold as a result of that your head and back portion pressed under his chest placing the legs parallel and binding his hands sideways alternately sit-down upon your complete feet keeping the knees up upon a right angle. Now raising your head up lift the opponent up so that he rolls upon you going behind rolling upon his head and fall backside. In this continuation extend your legs toward landing upon the buttocks and shifting weight upon him in a reverse position so that he may lying pinning.

Brief details (Nichor):— 1. Face to face standing position. 2. Binding both hands in colundun position. 3. Both legs parallel. 4. Sitting upon the feet. 5. Throwing him upward to behind by raising the head. 7. Straightening the legs landing upon buttock. 8. Shifting weight upon him in reverse position.



Fig.: 393 (24A) Neck lever body press (Jharap)



Fig.: 394 Slipping sitting lift (Rapat Baithak)

23. B. Counter (Tor) Jerk hold):— 1. Sitting lift position. 2. Pulling the opponent under chest. 3. Straightening the legs in kneeling position. 4. Ragging sideways. 5. Holding the waist from behind.

24. A. Neck lever body press (Jharap):— It is also a patent hold of free style as well as Greco-Roman wrestling to pin the opponent in face to face standing position, which is very useful for the tall wrestlers. When both of you are assuming right stance in face to face position encircle his neck in your right hand under the armpit holding his right upper arm from your left hand. Now surpassing your left hand from his right armpit to his back change your stance placing your lift feet in front in between his both legs and turning the face to right twist him sideways with full force. Pin him down and putting the chest upon him, flattening the legs to your back control him fall.

Brief details (Nichor):— 1. Face to face assuming right stance. 2. Encircle neck in right hand holding right arm. 3. Surpassing left hand and neck from rivals armpit. 4. Changing the stance. 5. Pressing him sideways. 6. Facing another side. 6. Pinning down sideways. 7. Controlling fall pressing from chest and flattening the legs.

24. B. Counter (Tor) Back snap (Baja):—

1. Neck liver hold.
2. Lifting thigh from one hand applying outer leg hit from another side leg.
3. Closing with him fall reverse.

25. A. Leg pick up (Ektangi):— It is also a prominent hold of pinning in free style wrestling from face to face standing position. When both of you are fighting face to face in standing position assuming right stance. Capture his right leg from bending down and place it sideways to the left. Now surpassing your right leg in between his legs behind his left leg and fall him in your front facing to left side.

Brief details (Nichor):— 1. Face to face right stance. 2. Capture right leg from both hands. 3. Taking the leg sideways. 4. Hitting right leg behind his left leg from inside. 5. Pinning down in front facing left.

25. B. Counter (Tor) Scissor (Kainchi):—

1. Hold position.
2. Crossing the right leg across the thighs.
3. Taking reverse position landing both hands.
4. Apply another legs hit behind upon porches.
5. Applying scissor sitting upon buttocks and hands.
6. Pinning the opponent reverse control fall from leg scissor.

26. A. Leg pick and jerk (Ektangi thap):— It is a promising hold free style wrestling to pin the opponent from face to face standing position. While standing upon right stance capture his right leg and place it in between the thighs quite upward now holding the ankle from left hand behind the buttocks lifted up and bending down and extended

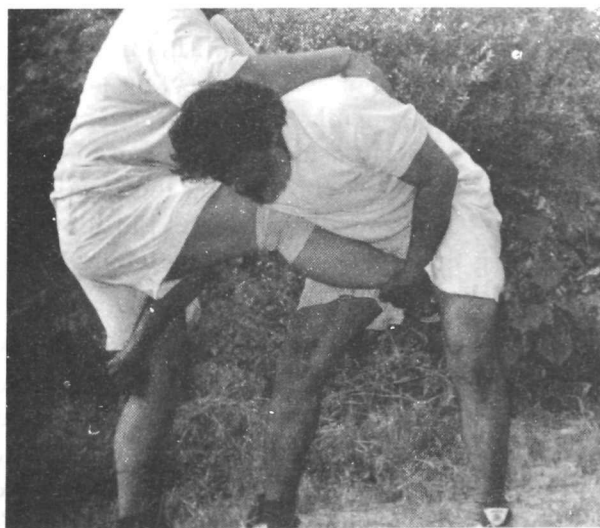


Fig.: 395 (26A) Leg pick & jerk (Ektangi thap)



Fig.: 396 Leg pick up (Ektangi)

the right hand surpassing within the legs hit by the palm in the left hand force as a result of that he will not stand upon the leg and will fall in front of you after pinning him down control him by shifting the body weight.

Brief details (Nichor):— 1. Face to face right stance. 2. To capture right leg placing between legs. 3. Holding his ankle from behind. 4. Bending forward hitting the porch from right hand. 5. Pinning down in front by sharp jerk. 6. Controlling fall by shifting weight.

26. B. Counter (Tor): Leg scissor (Kainchi):—

1. Leg Pick Position.
2. Right leg across the thigh.
3. Landing the both hands down sideways hitting the porches by right leg crosswise.
5. Sitting upon buttocks and hands applying scissor.
6. Holding the opponent from scissor in pinning position.

27. A. Leg pick thigh press (Ek Tangi Mos):—

It is also a important hold of free style wrestling from face to face position when both of you are fighting upon the right stance in standing position all of sudden capture his right leg from both hands and surpass it sideways to the left and holding the ankle from left hand make the leg straight by lifting it up now pressing the thigh from your right hand arm hook pin him in your front and control their on.

Brief details (Nichor):— 1. Face to face right stance. 2. Capturing right leg straightening the leg holding ankle from behind. 3. Hitting from right hand fore arm. 4. Dropping fall in front.

27. B. Counter (Tor) Scissor (Kanchi):—

1. Leg pick position.
2. The holding leg across the thighs.
3. Landing the both hands down sideways

hitting the porches by right leg crosswise. 4. Sitting upon buttocks and applying Scissor. 5. Holding the opponent from Scissor pinning position.

28. A. Leg pick up backward landing (Ek tanking Ghutan Pale):— It is also a good hold of free style wrestling to pin the opponent from face to face position while assuming the right stance on standing position assuming the position towards right side bending down place your right knee between his feet hitting reverse in his left leg out side ankle by right hand, pushing him by your right shoulder fall him behind and control their on.

Brief details (Nichor):— 1. Landing right knee holding right hand ankle by left hand. 2. Hitting the porche from reverse right hand. 3. Pushing by shoulder pulling by ankle and porche. 4. Pinning him forward with sharp swing.

28. B. Counter (Tor) Scissor (Ulti):— 1. Indulging the standing leg in releasing hands forming Hanuman stance. 2. Rolling the opponent holding him from behind. 3. Stepping over upon him turning face controlling he fall.

29. A. Leg pick up backward press (Ek Tangi Thap):— It is also a pinning free style hold from face to face position. For application of this hold the both contestants should be stand upon the right stance. Capture his right leg bending down and surpassing it under your left armpit hold it tightly now straightening the right hand applying a sharp push of your hand palm upon his chest fall him

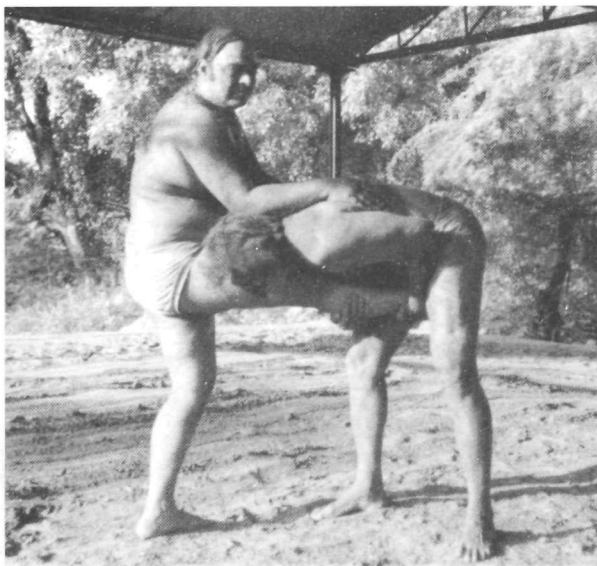


Fig.: 397 (29) Leg pick up backward press (Ek Tangi Thap)



Fig.: 398 Twist hand Firemans curry
(Marori Kalayang)

towards back and control him in pinning position by shifting the body weight.

Brief details (Nichor):— 1. Face to face right stance 2. Capturing right leg. 3. Holding leg in left armpit. 4. Push upon the chest by right hand. 5. Pinning in the reverse position and control.

29. B. Counter (Tor) Scissor):— 1. Holding legs across the thighs. 2. Landing both hands closing sideways in the reverse position. 3. Hitting by the another leg in the porches landing upon the buttocks and hands. 4. Holding fall be leg Scissor.

30. A. Thigh push (Hasti Pat):— It is a very appreciable pinning hold of free style wrestling from face to face position while assuming right stance in standing position capture his right leg from both hands and surpass it sideways under left armpit and hold it by the heel now pressing the right thigh by right hand arm bend turning to the left fall him sideways in the semi circle and control their on.

Brief details (Nichor):— 1. Face to face right stance. 2. Capture right leg placing sideways in armpit. 3. Holding heel from left hand. 4. Pressing the thigh from right hand bend. 5. Turning the waist. 6. Pinning towards left. 7. Controlling fall.

30. B. Counter (Tor) Leg jump (Tangri):— 1. Thigh push position. 2. Grapine legs releasing the gripe by own hands jumping upon one leg step backward. 3. Releasing from hold appearing face to face.

31. A. Thigh pull (Pagga Khench):— It is also an important pinning hold from face to face position which is free style hold when both of you are standing face to face in standing position bending down capture his right leg takes it sideways and make it straight by lifting up bending forward and turning the waist pull his thigh from the right hand so that he may fall front of you and controlling their.

Brief details (Nichor):— 1. Face to face right stance. 2. To capture right leg. 3. Holding the leg sideways. 4. Pulling the leg by right hand. 5. Turning the waist fall the opponent.

31. B. Leg jump:— 1. Placing the legs inside his legs. 2. Peeling hands. 3. Step backward upon one leg. 4. Face to face after releasing hold.

32. A. Double ankle pick (Dohari Mujje):—It is also a simple and easy hold of free style wrestling to pin the opponent from face to face standing position. While assuming right stance landing your right knee between revails legs hold its both ankles from backside surpassing your head in side his legs as the formed leg based upon the paw. Now taking the force from this leg closing your both shoulders with his thigh pulling his ankle and pushing by the shoulders with his thigh pulling his ankle and pushing by the shoulders fall him in front and control him after ragging forward.

Brief details (Nichor):— 1. Face to face right stance. 2. Landing right knee. 3. Surpassing head inside. 4. Holding ankle by hands. 5. Back leg upon paw. 6. Pushing the thigh shoulders. 7. Pulling the ankle. 8. Pinning forward and control.



Fig.: 399 (29B) Counter scissor (Kaichi)



Fig.: 400 (26A) Leg pick up & joint Jerk (Ektangi thap)

32. B. Counter (Tor) Front pick (Jhatkha):— 1. Jumping upon him. 2. Landing the hands behind and forward jerk. 3. Releasing ankle appearing face to face.

33. A. Double Ankle Tackle (Palti Mujje):—It is very simple and promising hold of free style wrestling to pin the opponent from face to face position. While face to face in standing landing the both knees down upon the mat hold his both ankle surpassing the head in between and pushing him up raise your trunk up lift the rival upon your shoulders. Now he will hung upon you landing the hands behind you or will hold your ankles. In this position bind his both hands like colundun tightening the hands throw him back rolling upon his head and straightening the legs put your body weight upon him in reverse position landing the buttocks. He will stay in pinning position.

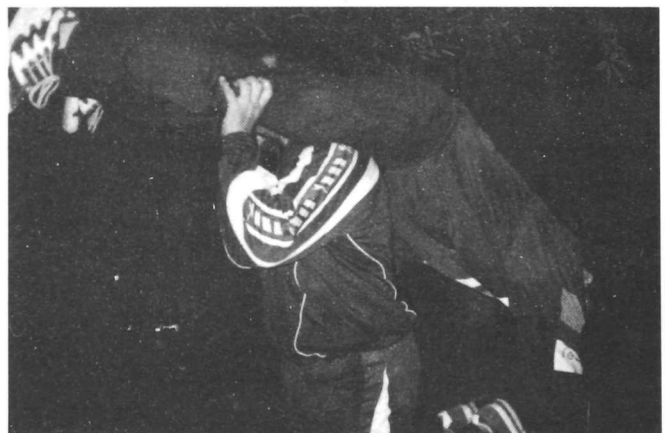


Fig.: 401 (33A) Double Ankle Tackle (Palti Mujje)

Brief details (Nichor):— 1. Face to face standing position. 2. Landing knees head inside. 3. Holding ankles. 4. Straightening the trunk and raising up. 5. Bind both hands. 6. Raising hand applying reverse colundun. 7. Pinning down and himself upward.

33. B. Counter (Tor) Bridge (Pul):— 1. Colundun position. 2. Making bridge. 3. Run out of order after three rolls.

34. A. Standing Sarotha (Khari Janeu):— It is very favourite hold of free style wrestling to pin the opponent from face to face position. While standing upon the right stance in face to face position, drag the opponents neck down with a jerk and encircling the right hand take it in the armpit stepping forward grab his right thigh from outside by another hand and bind the thigh and neck in a tight grip. Now surpassing the left leg outside his right leg land upon the right buttock facing right side rolling the opponent upon head throw the rival behind you in right side and as a result of that he will be in pinning position so control him fall by flattening the legs under chest pressure.

Brief details (Nichor):— 1. Face to face right stance. 2. Neck in right hand circle. 3. Grabbing right thigh. 4. Closing together neck and thigh. 5. Placing right leg in between. 6. Straightening left leg outside. 7. Sitting upon right buttocks rolling the opponent upon head. 8. Turning the face. 9. Reaching above after rolling. 10. Flattening the leg pressing fall.

34. B. Counter (Tor) Colundun (Bangri):— Standing Sarotha position. 2. Holding the opponents right upper arm making colundum of another hand.

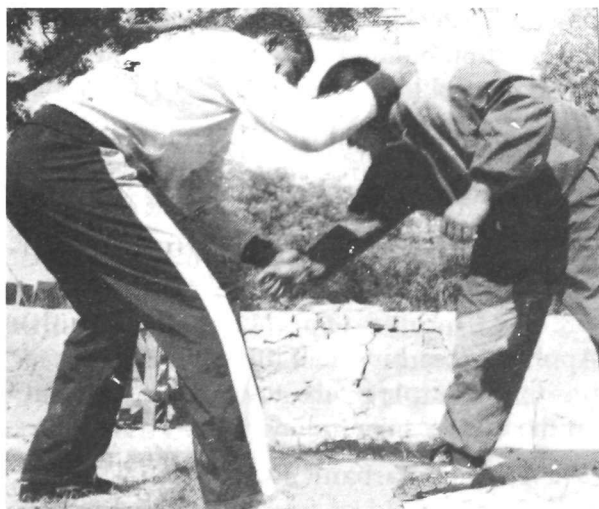


Fig.: 402 (35A) Power hold (Katti)



Fig.: 403 (34A) Standing Sarotha (Khari Janeu)

3. Pulling down and landing the knees. 4. Taking the head out left sideways. 5. After roll applying colundum. 6. Controlling fall in reverse position.

35. A. Power hold (Katti):— It is purely Indian style hold applied in free style wrestling from face to face standing position. This hold of power is very interesting to pin the opponent from face to face position. While standing upon the right stances placing the right hand upon his neck. Hold his left upper arm from the another hand. Now pulling his neck and hand turning and facing towards left side drop him down fall to the left in a semi circle from a sharp swing.

Brief details (Nichor):— 1. Face to face standing position. 2. Placing right hand upon the neck. 3. Pulling the right arm. 4. Apply drag on neck pulling hand. 5. Facing and turning left. 6. Fall him with a sharp swing the semi circle. 7. Controlling fall.

35. B. Counter (Tor) Neck slip (Gardan Nikal):— 1. Power hold position. 2. Releasing grip bowing the neck. 3. Hitting the hand releasing wrist grip. 4. Face to face after releasing hold.

36. A. High power hold (Pakki Katti):— It is a another type of power hold of free style wrestling from which the rival falls in a jerk from face to face position. When the both contestants are fighting upon the right stance placing the right hand upon his neck hold his right hand wrist in another hand. Now pulling his neck and hand in a semi-circle turning your body to the left lift his legs from the sharp swing so that he falls to your left and control him in pinning position by shifting the body weight upon him.

Brief details (Nichor):— 1. Face to face right stance. 2. Placing right hand upon the neck. 3. Holding his right wrist. 4. Swinging hands pulling inside. 5. Pulling the neck also. 6. Drop in pinning position sideways in a semi-circle.

36. B. Counter (Tor) Neck slip (Gardan Nikal):— 1. High power hold position. 2. Releasing grip bowing the neck. 3. Releasing wrist grip by had hit. 4. Face to face after releasing hold.

37. A. Leg cradle (Pagdanda):— It is a favourite pinning hold of free style wrestling to pin the opponent from face to face standing position in which the another wrestler falls in such position as some one has slipped from upstairs. When both of you are fighting face to face in standing position let the opponent hold your thighs. As soon as he holds your thighs turn to the left at once facing another side and bending down surpassing right hand between his legs close it with left thigh facing palm keeping the hand straight like a stick and pull his right holding hand with turning of legs face and waist towards left-from these actions his left leg will be lift up and he fall to wards your left in a semicircle bitterly. After dropping him keep your self to left side pulling the right upper arm and holding his right thigh and control him flattening the legs.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding thighs by rival. 3. Turning left bending forward. 4. Right hand arm bar in left

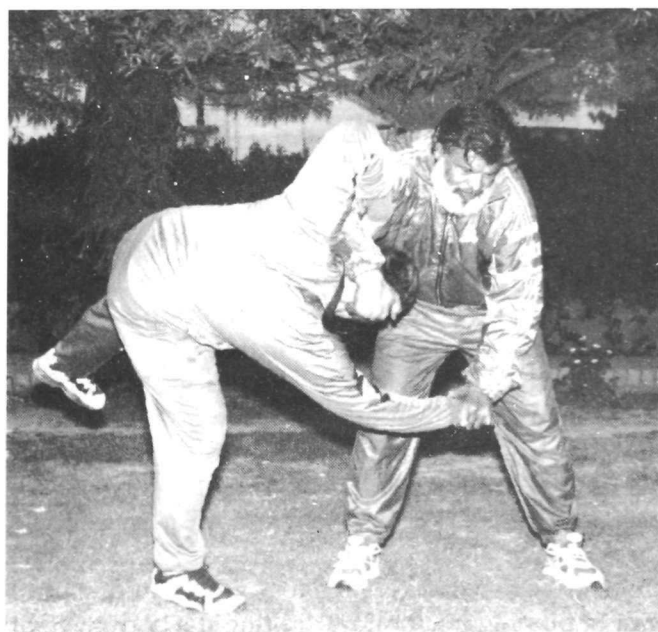


Fig.: 404 (36A) High power hold (Pakki Katti)



Fig.: 405 (37A) Leg cradle (Pag danda)

thigh. 5. Falling the opponent sideways. 6. Pulling right hand right thigh fall him. 7. Pressing fall from flattening position.

37. B. Counter (Tor) Switch:— 1. Leg cradle position. 2. Apply switch towards Nelson. 3. Apply Switch towards right hand. 4. Ragging forward raising the chest. 5. Pressing his hand by putting the holding weight.

38. A. Cross hold (Mask):— It is also a appreciable hold of free style wrestling to pin the opponent applying from behind when you are standing behind the opponent holding his waist. Taking position towards left hold his upper own from your left hand and surpassing your lower portion from his left side armpit placing the right leg in front of him bending forward shift his weight upon your buttocks. Lifting him up, turning the face to the left drop him fall towards your right by waist jerk and control him there.

Brief details (Nichor):— 1. Holding the rival from behind. 2. Holding left hand. 3. Surpassing lower portion from his side and right leg in front. Shifting the wrestler upon buttocks. 5. Waist jerk towards right. 6. Dropping fall towards right.

38. B. Counter (Tor) Legs lift (Jholi):— 1. Applied cross hips. 2. Lifting the leg up apply opposite. 3. Turning face towards left. 4. Sitting upon the buttocks controlling fall.

39. A. Kabootarband (Kabootar):—Kabootarband is Iranian hold of free style wrestling to pin the opponent from face to face standing position

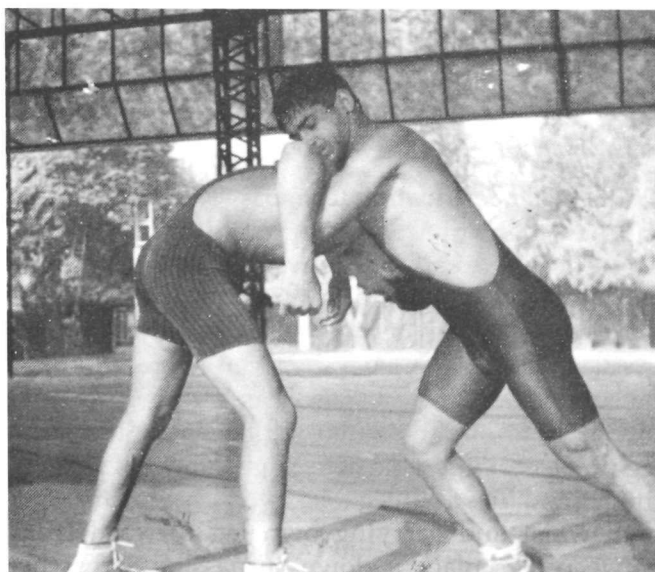


Fig.: 406 *Rakabi (Rakabi)*

while standing face to face upon right stance pulling his neck forward encircle under your right armpit. Now surpassing the both hands from left right armpits make wrestlers grip upon the back and changing the stance as putting the left foot in his front facing towards right side twisting him with both hands pin him to right.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding neck under right hand. 3. Both hands grip upon back. 4. Changing stance. 5. Pinning him facing right side.

39. B. Counter (Tor) Colundun (Bangri):— 1. Bending down tightening his hands under armpits. 2. Both hands tight grip. 3. Taking the head out rolling sideways in kneeling position. 4. After roll pressing the opponent down fall by shifting weight.

40. A. Rakabi (Rakabi):— It is also a promising Iranian hold of Free style wrestling hold to pin the opponent from face to face position. When both of you are standing face to face upon the right stance surpass your right hand in his left armpit and hold his right upper arm from your left hand grasping it under armpit. Now pulling his left hand towards you and hitting your right hand from down to upward in his armpit facing to left landing upon the left buttocks drop yourself sideways with the opponent and control him there in pinning position stepping over right hand on him facing left and flattening the legs and body.

Brief details (Nichor):— 1. Face to face right stance. 2. Grabbing right hand in left armpit. 3. Legs

parallel jerk of waist towards left. 4. Hitting by right hand in his armpit. 5. Dropping sideways from jerk. 6. Himself dropping upon left buttocks. 7. Right hand on chest control fall facing left.

41. A. Turning Nelson (Khari Palti):— It is very favourite hold of free style wrestling to pin the opponent from face to face standing position. When both of you are fighting face to face upon the right stance set the other wrestler hold your thighs and placing the left hand upon the bend opponent press it down. Surpassing your right hand from the armpit turning it reverse extend it across the neck. Now pressing the head down and surpass the neck sideways to the right and press the head down. When the head has fully bent down step left leg forward and place the left hand upon the chest, holding the chest other side and rolling him from pulling action fall the opponent down in your front and extending the legs behind pressing him from the chest control pinning.

Brief details (Nichor):— 1. Face to face standing position. 2. Pressing the head down of bent opponent. 3. Right hand reverse surpassing from armpit. 4. Pressing the head in right side. 5. Pressing

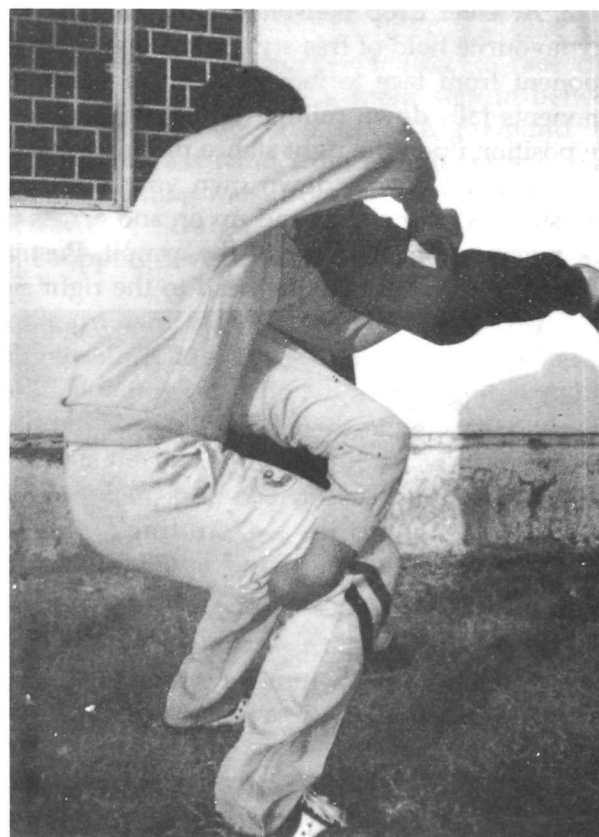


Fig.: 407 (41A) *Turning Nelson (Khari Palti)*



Fig.: 408 (42A) *Over drop Nelson (Chalti Palti)*

the head down from both hands. 6. Rolling the chest holding from hand. 7. Controlling the fall by flattening the legs behind and pressing from chest.

41. B. Counter (Tor) Hand bar (Danda):—

1. Holding the upper arm. 2. Extending the another hand apply bar outside the thigh. 3. Lying the opponent sideways from arm bar. 4. Turning the face flattening himself. 5. Control fall by step over hand.

42. A. Over drop Nelson (Chalti Palti):— It is very favourite hold of free style wrestling to pin the opponent from face to face position in which the opponents falls down rolling. While during face to face position upon the right stance placing the hand upon his head bow it down own your both legs. Now surpass your right hand up on and across the neck reverse from the way of the armpit. Pushing the head from hand take the head to the right side and bow down the head and neck down from both hands. Now placing left leg forward and extending the left hand surpass it under the opponents left thigh and lifting the thigh upward bow the neck down from forward throw him in the left side after rolling upon the head in pinning position now flattening the legs forward landing upon the buttocks himself holding hand and head control him fall.

Brief details (Nichor):— 1. Face to face right stance. 2. Pressing the bent head sideways. 3. Right hand reverse upon the neck. 4. Pressing down. 5. Pushing the head sideways. 6. Left leg forward. 7. Surpassing left hand reverse into the thigh. 8. Rolling by pressing neck. 9. Extending both legs sit upon the buttocks. 10. Holding head and hand controlling fall.

42. B. Counter (Tor) Hand bar (Danda):—

1. Grasping the holding hand of the opponent. 2. Extending the another hand apply bar outside the thigh. 3. Flattening himself turning the face. 4. Place hand over control fall.

43. A. Upper floating leg cross (Tabakfar):— It is the best hold of free style wrestling to pin the underneath wrestler when you are holding the opponent in underneath position for application of this hold take left sideways position. Now standing up placing the right leg in between his feet and left outside left, holding left waist from left hand, bending own right leg and holding right leg ankle lifting the leg up place it upon the own thigh. Now holding the thigh lifting the right leg take it to right side upward own waist and carrying own leg forward from between legs place it down surpassing across his waist. Likewise his right leg will be indulged in your right leg. Afterward landing your right knee and making stand of left bent leg sit down shifting full body weight upon him. Now he will full of torturing. Holding his mouths and neck from left or both hands make straight by pulling towards ownside. Likewise you can control him fall upto hours.

Brief details (Nichor):— 1. Sitting left upon the underneath wrestler. 2. Placing right leg in between and left to left side. 3. Holding waist from right lifting ankle from right hand. 4. Placing leg upon the thigh. 5. Lifting up from holding thigh. 6. Legs surpassing within legs across the body upon the mat. 7. Kneeling the right knee sitting straight. 8. Stand of left leg. 9. Pulling the head from both hands control fall.

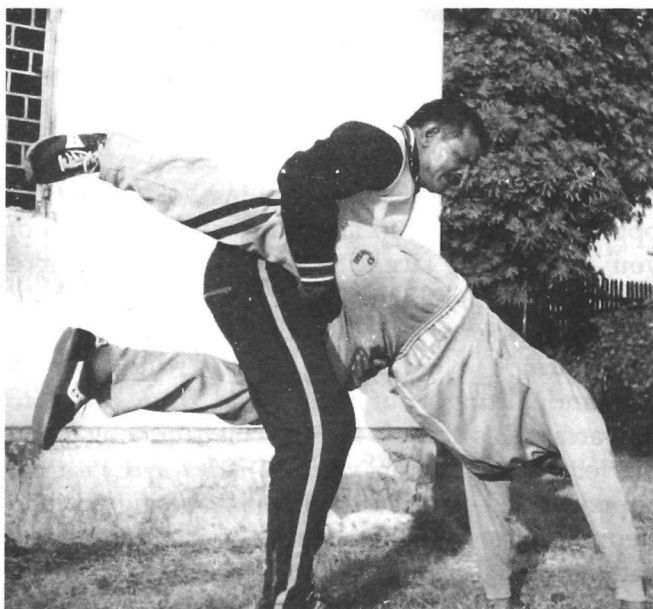


Fig.: 409 (43A) *Upper floating hold (Tabakfar)*

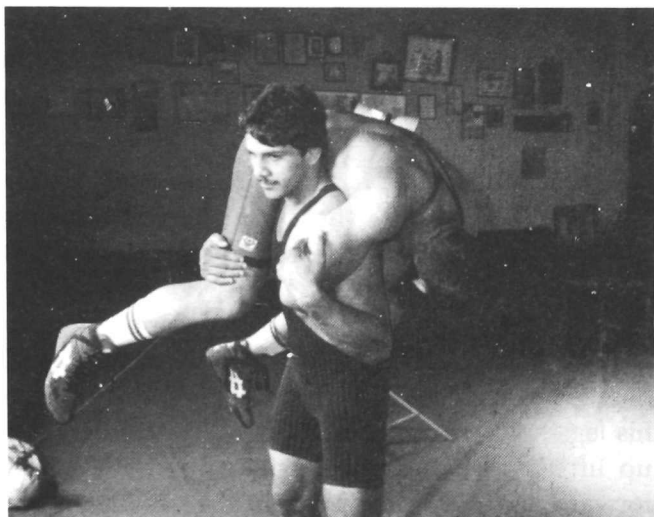


Fig.: 410 (44A) High lift (Pachhar)

43. B. Counter (Tor) Arm drag (Dasti):—

44. A. High lift (Pachhar):— It is also a pinning hold of free style wrestling from face to face standing position. When both of you are fighting upon the right stance holding the right wrist of the opponent placing own leg in between his legs surpass own neck in his armpit and right hand into his thigh. Straightening the trunk with jerk lift him upon the shoulders and fall him down sideways to the left or in front like the fire many's curry.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right. 3. Right leg between feet. 4. Bending enter into armpit. 5. Holding inside thigh from left hand. 6. Lifting like the firemans curry. 7. Dropping fall in front.

44. B. Counter (Tor) Back twist (Mos):— 1. Surpassing right hand from the armpit to the back. 2. Another hand surpass from another armpit to back. 3. Both hands grip upon the back. 4. Twisting with hands drop reverse fall.

45. A. Leg tackle high lift (Pat Pachhar):— It is also a simple and very easy hold to pin the opponent from face to face standing position in Free Style Wrestling. When both of you are upon the right stance in face to face position or drag the opponent on same stance holding his right wrist from the left hand placing right step in between his pet and entering own head in his armpit enter the another hand in his right thigh. Now straightening the trunk lifting the rival up take his thigh in front of you and holding right thigh from left and left thigh from right hand take him sideways. Landing the right knee dropping him in pinning position towards right control him.

Brief details (Nichor):— 1. Right stance face to face. 2. Holding wrist from left hand. 3. Entering neck into armpit. 4. Holding right thigh from inside. 5. Lifting up. 6. Left hand upon right thigh and right hand upon left thigh. 7. Grasp the leg sideways left. 8. Landing right knee on the mat. 9. Pinning towards right.

45. B. Counter (Tor) Outer leg bar (Baharli):— 1. Binding the upper arms from hands. 2. Jerking arms up turning face. 3. Applying outer leg. 4. Bending forward hitting leg outside the leg fall with jerk and controlling there.

46. A. Waist lock high lift (Haddi Pachhar):— It is appreciable hold of free style wrestling to pin the opponent from face to face position. While standing upon right stances holding his right wrist and placing the step between legs bending down entering your head into his armpit put own right hand into his thigh. Now making the right hand free surpassing through the armpit encircle his waist reverse. Now surpassing the another hand across the waist hold the waist. Stepping left leg forward, straightening the trunk, looking up, lift him up from hands grip. Like this he will be in this position head down and legs upward and the will be hung in your right side. Now pressing him forward pin him and control.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding wrist. 3. Right step in between legs. 4. Head inside armpit. 5. Right hand into thigh. 6. Surpass hand from armpit reverse, waist circle. 7. Holding waist from both hands. 8. Left step forward. 9. Straightening the trunk lifting up. 10. Dropping reverse head down and legs up.

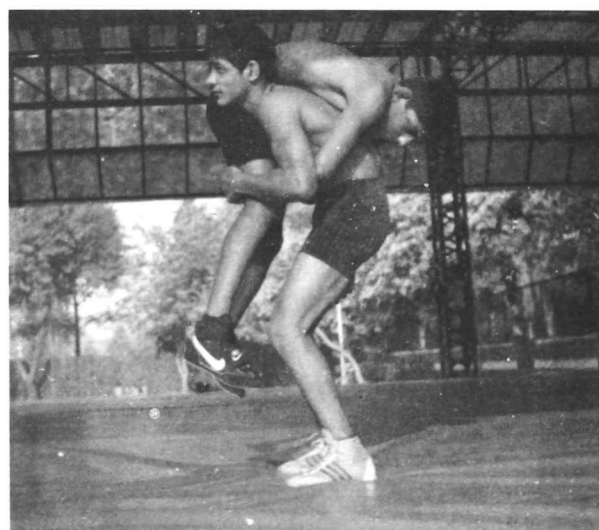


Fig.: 411 (45A) Leg tackle high lift (Pat Pachhar)



Fig.: 412 (47A) *Turning neck lever body press*
(Bagal Jharap)

46. B. Counter (Tor) wrestler's lift (Mall Pachhar):— 1. Flattening the opponent. 2. Turning face drop him fall another side. 3. Step over the leg pinning the opponent.

47. A. Turning neck lever body press (Bagal Jharap):— It is also the same hold containing a little difference as it is given before relating free style wrestling from face to face position. When both of you are fighting upon the right stance in standing position placing the right hand upon his neck hold his right hand paw or wrist and shake it heither and the their and loosening his hand bending it from the elbow and surpassing own elbow and neck under him armpit. Now placing your right hand across the neck surpass your left hand across his back and placing the left leg in between his legs twist him towards right turning the face also. He will fall bitterly.

Brief details (Nichor):— 1. Face to face, right hand upon the neck left hand upon wrist. 2. Pulling the neck encircle into hand. 3. Left hand and neck surpass under armpit and upon back. 4. Left hand in between legs. 5. Twisting the opponent in pinning position.

47. B. Counter (Tor) Twisting hold (Mos):— 1. Holding one thigh and neck in armpit. 2. Leg in between feet. 3. Lifting leg turning face turning in circle. 4. Pinning towards right side.

48. A. Back fall (Machchhi gota):— It is purely Indian style wrestling hold which is applied by holding Indian under wear but it is a little difficult to apply in free style wrestling without holding any wearing. When you are holding the opponent from behind land your both knees upon the mat on 90 degree angle straight, and surpassing the head from his legs hold his both ankles. Now raising the head up lift the opponent by pushing the both ankles forward and drop the opponent reverse in pinning position and control him after turning.

Brief details (Nichor):— 1. Kneeling position. 2. Head across his legs. 3. Holding ankle from both hands. 4. Extending the hands frog walk. 5. Pushing legs forward fall reverse. 6. Controlling after turn.

48. B. Counter (Tor) Forward jerk (Jhatkan):— 1. Hold position. 2. Jerking forward. 3. Landing both hands forward. 4. Walking forward in frog walk. 5. Releasing ankles from jerk, appearing face to face.

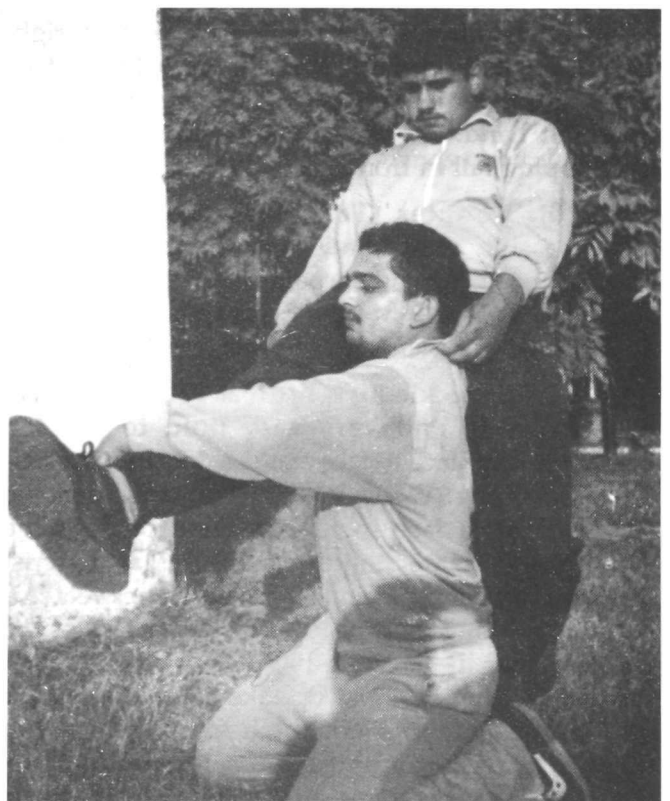


Fig.: 413 (48A) *Back fall (Machhi gota)*



Fig.: 414 (49A) *Single and Double leg Tackle (Ek-dopat)*

49. A. Single and Double leg Tackle (Ek do pat):— It is a very patent hold of free style wrestling to take the opponent in underneath position. While standing upon right stance. Bending forward hold his right thigh and lifting it up hold it in between your legs and extending both hands forward grab his right foot also into both hands and pushing the thigh from the shoulders from sideways fall him in your front or towards his right side and reaching at once upon him hold his waist from both hands.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right leg from both hands. 3. Closing right shoulder with the thigh. 4. Holding the another thigh also from side ways. 5. Drop him down from push and pull. 6. Holding the waist.

49. B. Counter (Tor) Arm hook (Eklanga):— 1. Grapine the leg into his right. 2. Hooking his upper arm. 3. Holding his left hand from own right. 4. Lifting leg, bending forward turning face. 5. Pinning by jerk and control.

50. A. Knee tap (Pag fance):— It is a very promising hold of free style wrestling. Drop the opponent down from face to face position. For application of knee from face to face bending down capture the opponents leading right leg and placing it to the left side hold his heel by left hand. Now surpassing the right hand crosswise his thigh hit his left leg knee and press the leg down by the chest so that he will be dropped forward in underneath position. Now control him from behind.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting right leg placing in left side. 3. Holding heel from left hand. 4. Surpassing right hand from the legs on knee cover. 5. Pressing from chest. 6. Dropping from push and pull. 7. Holding from behind.

50. B. Counter (Tor) Scissor (Kainchi):— 1. Lifting left leg taking sideways. 2. Landing both hands flat position. 3. Hitting his legs porches from another hand. 4. After turning sit upon buttocks and hands. 5. Holding fall from legs scissor.

51. A. Forward snap (Jhonk Pat):— It is a good hold of free style wrestling to drop down the opponent from face to face position. While standing face to face upon right stance capture his right leg from both hand and take it sideways to the left, holding the heel from left hand lift the leg ups possible. Now encircle your right hand upon his, waist from front and hitting behind his left leg from inside by the right leg and he will fall bitterly in front of you.

Brief details (Nichor):— 1. Face to face right stance. 2. Capture right leg taking in left side. 3. Grasping heal from left-hand. 4. Holding waist from right. 5. Attacking forward hitting right leg into his left leg from inside. 6. Dropping fall from swing.

51. B. Counter (Tor) Scissor (Kainchi):— 1. Lifting the left leg taking sideways. 2. Landing the knees closing side-ways. 3. Hitting his legs from behind.

52. A. Thigh Push (Dhaket Pat):— It is patent hold of Free Style. From face to face position which should be practised again and again. When both of



Fig.: 415 (50A) *Knee tap (Pag fance)*



Fig.: 416 (52B) Pulling hold (Khanchi)

you are standing upon the right stance in face to face position, capture his right leg from both hands and taking it sideways holding the hook from left hand straighten it. Afterwards bending forward pressing the thigh forward from the right shoulder drop him in pinning position in the front. After falling down control him fall.

Brief details (Nichor):— 1. Face to face right stance. 2. Capturing right leg. 3. Holding heel in left hand. 4. Pressing the thigh from shoulder.

5. Pushing the thigh forwards. 6. Dropping forward in pinning position

52. B. Counter (Tor) Pulling hold (Khanch):—

1. Thigh push position. 2. Change opposite position facing the thigh from shoulder. 5. Pushing the thigh forwards. 6. Dropping forward in pinning position.

52. B. Counter (Tor) Pulling hold (Khanch):—

1. Thigh push position. 3. Running continuously from jerk. 4. Face to face after turn.

53. A. Leg pick up back landing (Ek Tangi Dhakel):— It is also a free style simple wrestling hold to fall the opponent in face to face position. While in standing position capture his right leg from the both hands and lifting the leg high pushing the rival to the backside fall him from sharp jerk and control him there.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting right leg from both hands. 3. Pushing the leg in front. 4. Falling the opponent forward. 5. Controlling the fall.

52. B. Counter (Tor) Leg jerking:— 1. Change reverse position. 2. Running forward upon hands. 3. Hitting upon the hold from another leg. 4. Releasing leg after running forward. 5. Turning face to face position.

International pinning holds from upward in sitting positions and the counters. Conditioning exercises for application of holds.

Various arm locks, Nelsons, Floating holds, spinning wheels, Ring Holds, Sarothas, Nelsons Bharandaj, suck buck, crossing arm hooks, lift, cross arm Nelson, Double Nelson, Double trouble, Lower duck under, Konde, Arm hooks, cross wheel, Neck arm grip, Arm lock, far side crotches, rolling turn etc., International holds and the counters given in the book of free style and Greco-Roman Wrestling.

In this chapter of free style and Greco-Roman wrestling the pinning holds from upward in sitting positions are described. Various arm locks, Nelsons, Floating holds, spinning wheels, Ring holds, Sarothas, 3/4 Nelson, Bharandaj. Suck Buck, Rolling throw, cross arm hook lift, cross arm and Nelson, Double trouble, Lower duck under, Konde, arm hooks cross wheels, Neck arm grip, Arm lock and far side crotch rolling turn free style International wrestling holds are given. In which, Bharandaj, suck Buck, Double trouble, Nelson, crotch etc. mixed

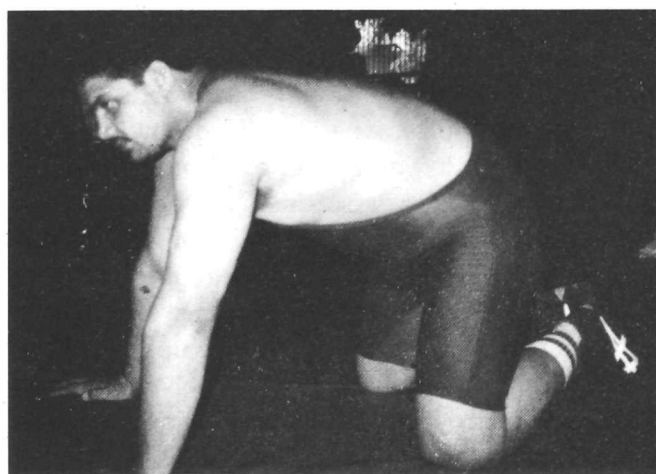


Fig.: 417 Conditioning exercises for Enfrmed Sitting position



Fig.: 418 Rolling conditioning exercise rolling for appellation of many rolling holds.

holds of Greece-Roman wrestling and all it's countes are given with full description. Holds of underneath sitting position require different P.T. exercises which are applied by the elastic body otherwise leaving aside some holds others need not to practice for conditioning exercises. All of the crotches are applied from Human stance for that all kind of practice is essential in which one knee should be landing while the other leg should be standing. All the Nelsons are started from Hanuman stance or are applied from kneeling positions. Therefore Hanuman stance practice or walking in kneeling there P.T. exercises are essential for floating holds, Like wise for spinning wheels, ring holds, require the same conditioning exercises. Likewise for Rolling Bharandaj, cross arm hook lift cross arm and Nelsons, ctatches the same conditioning exercises are required and for the counters of there holds one have to practice for side slip, Bagal roomi and step over.

Practice of rolling, cart wheel and sideways roll is essential whereas for the counter of crotch to encircle the hand in reverse position and for the counter of crotch practice of special sitting position and encircling himself basing up one the hand surpassing the bended legs sideways requires a special practice for the same which is used for applying bagal roomi, switch and used for many, holds which exercise is likewise landing the both knees perpendicular closing the left knee with the right and sitting upon the left buttock side-ways upon 90 degree based upon the left hand also.

1. A. Short arm lock (Chhoti' Sandi):— Arm lock is very older type hold of India which is very useful in free style as well as Greco-Roman wrestling. The wrestler who don't apply arm lock people don't accept him a wrestler *hare* in India. There are so many ways to pin the opponent without placing the knee upon the neck in which the rival falls bitterly. So every wrestler should aware of arm lock.

It is a first kind of arm lock. When the opponent is sitting under you in kneeling position then sit towards his left side lending the knee and *oversize* his wrist from both hands. Now grabbing his right thigh from your right hand holding his left ankle by floating hold towards left pulling the hand bend it upon 90 degree

To make him handless is the arm lock. Now changing direction towards right and landing the knees accordingly. Holding his right hand from your left hand tightly and closing your chest with his chest drive forward fall him there and flattening the legs behind control him fall.



Fig.: 419 (1A) Short arm lock (Chhoti' Sandi)



Fig.: 420 (2A) Long arm lock (Ochchi Sandi)

Brief details (Nichor):— 1. The opponent towards the right in sitting position. 2 Landing the knees. 3. Holding the wrist from inside by left hand. 4. Pulling the wrist from floating. 5. Holding outer thigh from right hand. 6. Closing the chest with chest forward drive. 7. Pressing fall by flattening the legs.

1. B. Counter (Tor) Short Switch:— 1. Hand switch in thigh. 2. Buttock left sideways and stand. 3. Right hand stand. 5. Rolling upon the hand 6. Holding waist.

2. A. Long arm lock (Ochchi Sandi):—It is a world famous free style as well as Greco-Roman wrestling hold of power to pin to opponent is sitting position. While sitting upon the opponent to his left holding his waist, in simple hands lock surpassing right hand upon his back and left hand below his chest hold the rivals right arm in both hands and closing upper chest with his left side body pushing him sideways forwards in flat position. Now pull his hand and now holding his wrist from your left and pulling it from left armpit pulling own hand reverse upon the back twist it. Likewise he will be disappointed using arm lock. Now changing the left direction through changing own left knee land it beside his left face and pulling the hand place the right hand reverse upon his neck and placing the right knee behind his head fall him there pushing from the knee and flattening the both legs behind, placing, your chest upon his chest press him fall, so he may be controlled.

Brief details (Nichor):— 1. Left side in sitting position 2. Placing both hands upon right arm. 3. Placing chest upon chest forward drive, pulling hand. 4. Flattering pulling hand from armpit. 5. Changing hand upon back. 6. Wrist grip and opposite direction. 7. Right hand reverse upon the neck. 8. Pulling long arm lock. 9. Pushing the neck and twisting the neck. 10. Controlling fall by flattering the legs behind.

2. B. Counter (Tor) Arm bar switch (Roome):— 1. Straightening the short arm lock placing switch hand is his high. 2. Surpassing the knees sideways stand upon the buttocks. 3. Stand of right hand. 4. Landing the buttocks and straightening the legs raising the chest. 5. Shifting weight upon the hand, holding the waist after rolling turn.

3. A. Long arm lock leg bar (Fance Sandi):— It is a promising free style wrestling hold to pin the opponent from sitting position. This kind of arm lock is applied like the above having or bit difference whereas leg is used in the neck instead of hand when you are sitting upon the opponent to the left side in kneeling position holding his waist in right hand. Surpassing your left hand under his chest hold his right arm with both hands while right hand upon the back. Now make him flat from forward drive closing your chest with the rivals chest and pull his sand. In kneeling position holding his right hand wrist in left hand grip and pulling the hand across his left armpit and closing



Fig.: 421 (2B) Short switch ride swing (Roomi Gadhalet)

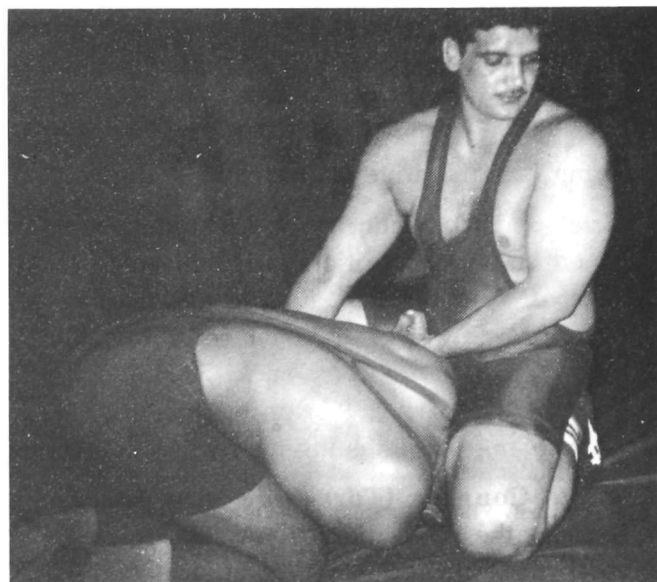


Fig.: 422 (3A) Long arm lock leg bar (Fance Sandi)

your hand reverse upon his back and Landing the left knee beside his right face and right knee close to his left face means taking his head between your legs make quite opposite direction.

In this continuation shifting weight upon your left knee oversize his left arm from your right leg and surpass it over his neck. Now pulling the hand tightening him by the neck pin him pulling his arm lock hand.

Brief details (Nichor):— 1. Sitting upon the opponent towards left. 2. Holding right arm from both hands. 3. Forward drive closing the chest with chest. Twisting the hand reverse. 4. Making the opponent flat. 5. Holding the wrist from left hand. 6. Closing the hand upon back. 7. Landing left knee beside right face. 8. Right knee beside left face. 9. Holding left arm from right leg and surpassing upon neck. 10. Pinning the opponent by pulling the hand.

3. B. Counter (Tor) Side (Bagli):— 1. Grabbing opponents right elbow in your right hand. 2. Holding wrist from another hand. 3. Inside leg trip of right leg. 4. Rolling sideways applying side slip 5. Throw body upon him controlling the fall.

4. A. Long arm lock and side press (Sandi Rela):— It is also a free style arm lock to pin the opponent from sitting position. While sitting sideways upon the opponent holding his waist in kneeling position pulling the rivals right hand from

both hands making him flat from drive. Now holding his wrist pull it and closing the hand to his back in kneeling position. Hold his left thigh from your right hand and closing the chest with his chest applying forward drive fall him and control.

Brief details (Nichor):— 1. Left side upon the opponent in sitting position. 2. Holding right arm. 3. Chest drive and flat. 4. Pulling the hand across the armpit. 5. Holding wrist from left hand. 6. Closing the hand upon back. 7. Holding left thigh. 8. Chest drive. 9. Rolling the opponent. 10. Controlling fall flattening the legs.

4. B. Counter (Tor) Side slip (Bagli):— 1. Binding the rivals right elbow. 2. Holding his wrist from another hand. 3. Inside leg trips. 4. Rolling sideways by slip. 5. Pin from body over.

5. A. Short arm lock and ankle hold (Moja Sandi):— It is also a promising pinning hold of free style wrestling in sitting position. While sitting left side upon the opponent in kneeling position *oversizing* his wrist from right hand. Surpassing the right hand into his thigh and hold his left arm from left hand. Applying left side floating hold pull his left hand wrist under his chest. Now holding his right leg ankle by right hand from inside making your chest close to his chest drive his sideways forward from kneeling position and control there fall flattening the legs back and chest upon chest.

Brief details (Nichor):— 1. Sitting upon the opponent towards left. 2. Pulling left wrist from floating hold. 3. Take the hand under chest.



Fig.: 423 (6A) Long arm lock & side press
(Lambi Sandi Ektarfa Pel)



Fig.: 424 (5A) Long arm lock and side press (Sandi rela)

4. Pulling right ankle from inside. 5. Closing the chest drive forward. 6. Control the fall after rolling.

5. B. Counter (Tor) Swing (Gadhalet):— 1. Straightening the hand backside placing under the thigh. 2. Holding waist of another hand. 3. Surpassing the knees sideways sitting upon the buttocks. 4. Rolling sideways and. 5. The controlling fall turning the face.

6. A. Long arm bar and pressure (Roller Sandi):— It is a hold of power concerning free style wrestling. Sit beside the opponent holding his wrist in simple arm lock. Holding the opponent right arm from both hands drive the opponent sideways pull his wrist from left hand. Now make free the right hand hold his right and left hand from both hands. Now roll him forwards in pinning position pulling the right hand.

Brief details (Nichor):— 1. Sitting upon the rival towards left. 2. Holding the left arm with hands. 3. Pulling right hand arm lock from drive. 4. Pulling arm from both hands. 5. Pinning by means of rolling.

6. B. Counter (Tor) Side slip (Bagli):— 1. Roller arm lock position. 2. Binding rivals right elbow. 3. Holding wrist from left hand. 4. Applying inner leg trip. 5. Rolling sideways applying side slip. 6. Step over body upon him controlling fall.

7. A. Cross arm lock and forward roll (Nihatthi Sandi):— It is also a important free style wrestling hold to pin the opponent who is in the kneeling position towards his left side. Pull his right hand with the support of both hands pushing him from

the chest. Now holding his wrist from the left hand pull right hand and pull his same wrist from your right hand behind from his buttocks and fall the opponent by rolling him reverse upon the head. Placing left hand upon the neck facing to the another side step over the body upon him.

Brief details (Nichor):— 1. Sitting upon the opponent. 2. Pulling right hand from forward drive. 3. Holding from left hand, holding the wrist by right hand behind. 4. Placing left upon neck. 5. Stand of right leg. 6. Rolling him pulling the hand. 7. Facing left leg upon the chest. 8. Pinning the opponent.

7. B. Counter (Tor) High sit out (Dasrang):— 1. Spreading legs forward sitting upon his hand of buttocks. 2. Stand of free hand. 3. Raising up releasing left hand. 4. Face to face after roll.

8. A. Short arm lock and forward roll (Laut Sandi):— It is a free style wrestling, hold from which every wrestler is familiar. It is very simple is application. When you are sitting left upon the kneeling position of the opponent and holding his waist from your right hand. Pulling his lift hand after applying sideways floating hold. Holding the rival from behind from right hand left him up and rolling upon the head reverse pin him and facing to the another side step over your right leg upon his to control the fall.

Brief details:— 1. Sitting left upon the opponent. 2. Pulling arm lock from floating hold. 3. Landing



Fig.: 425 (9A) Long arm lock and forward roll (Tarkash Sandi)



Fig.: 426 (7A) Cross arm lock and forward roll (Nihatthi Sandi)

both knees. 4. Holding the opponent from behind. 5. Rolling the rival reverse upon the head. 6. Step over the right leg facing another side.

8. B. Counter (Tor) Sit out (Dasrang):— 1. Spreading the legs forwards. 2. Raising the chest lifting they body landing another hand. 3. Releasing himself, face to face after turn.

9. A. Long arm lock and forward roll (Tarkash Sandi):— Generally all of the arm lock resemble with each other having a bit difference. It is also a promising free style wrestling hold to pin the opponent in sitting position. For this kind of arm lock sitting left upon the kneeling opponent hold his waist from both hands. Pull his right arm from the forward arrive close chest to chest. The left hand take the clinging to the back side. Now landing both the knees and holding the opponent from behind by right hand rolling him upon the head, pin him in the reverse position and turning face stepping over the right leg control him in pinning position.

Brief details (Nichor):— 1. Sitting left upon the rival. 2. Holding arm from both hands. 3. Drive from chest to chest bending hand reverse. 4. Pulling hand from left hand. 5. Pull the outer leg. 6. Landing both knees. 7. Holding him from behind. 8. Turning face stepping over the leg. 9. Controlling full.

9. B. Counter (Tor) Step over (Dhar Marna):— 1. Binding arm lock hand from both hands. 2. Applying left inner leg. 3. Pulling hand, turning face, lifting up apply slip. 4. Rolling the opponent stepping over. 5. Controlling fall by shifting weight upon him.

10. A. Cross face bar and ankle grip (Palti Mujja Sandi):— It is also a free style wrestling hold to pin the opponent in sitting position. For the same hold when you are sitting left upon the opponent holding his waist from both hands do likewise that applying cross face bar hold his right arm from your left hand and landing the knees closing the chest, holding his right ankle from the right hand, pulling the hand and rolling him from the forward drive pin him by pressing his body, flattening the legs behind.

Brief details (Nichor):— 1. Sitting left upon the rival. 2. Kneeling position. 3. Holding right hand arm throw across face bar. 4. Holding another right ankle from another right hand ankle. 5. Pulling hand and ankle chest drive. 6. Flattening the legs behind. 7. Controlling fall.

10. B. Counter (Tor) Peeling hands:— 1. Peeling hand fingers. 2. Peeling another hand fingers from another hand. 3. Standing up forming Hanuman stance. 4. Falling the hands down, separate. 5. Face to face after turning.

11. A. Hand trouble and forward roll (Ghissa Sandi):— It is a very simple pinning free style wrestling hold. While sitting left upon the opponent stand up sideways and hooking his left arm from your left hand hold him from behind by your right hand. Now roll him upon his head lifting him from

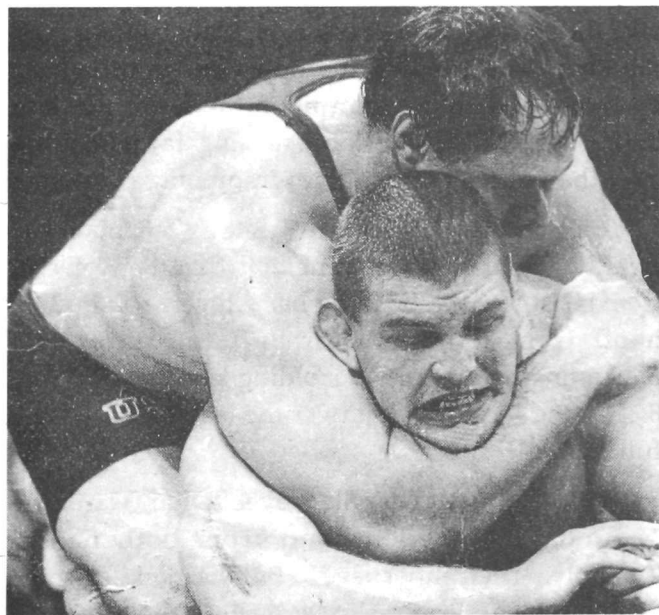


Fig.: 427 (10A) Cross face bar and ankle grip (Palti Mujja Sandi)



Fig.: 428 (9B) Step over (Dhar Marna)

behind as he will be dropped forward in pinning position sitting upon him spreading legs both sides control him.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Standing up hooking left hand from left leg. 3. Holding behind from right hand. 4. Rolling upon head, facing another side. 5. Controlling fall sitting upon the buttocks.

11. B. Counter (Tor) Body ride (Dhar Marna):— 1. Stepping over upon the rival. 2. Controlling fall by shifting weight upon him.

12. A. Long leg crotch and flat (Tangria Sandi):— It is also a free style wrestling promising hold to pin the rival in sitting position. When you are sitting left upon the opponent in Hanuman stance landing the right knee. If the opponent holds your standing left leg from upside by his left hand. Surpasses your left leg, upon his neck from his left armpit and passing forward twisting his neck fall him and control.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Sitting the Hanuman stance holding waist. 3. Holding the standing leg by rival. 4. Shifting weight controlling fall.

12. B. Counter (Tor) Body ride (Dhar Marna):— 1. Oversiezing left leg. 2. Stand of their hand. 3. Step over on the hand roll. 4. Controlling fall by shifting weight.

13. A. Long arm lock and reverse neck bar (Ulta Hafta Sandi):— It is a very promising arm lock of free style as well as Greco-Roman wrestling to pin the opponent in sitting position from which one have compel to fall, used in olympic wrestling also. When you are sitting left upon the kneeling wrestler pulling long arm lock with both hands by applying chest press and forward drive. Hold his right hand wrist in your left hand and pull it upon the back surpassing from the armpit. Reaching to another side in Kneeling position entering your right hand from his left armpit and surpass it reverse upon his neck. Pushing his neck and twisting by the left hand in reverse position fall him and control the opponent by flattening the legs behind.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Pulling long arm lock from both hands. 3. Reaching right side by means of jump. 4. Surpass right hand from the armpit upon the neck reverse. 5. Twisting the neck form hand. 6. Shifting weight flattening the legs.

13. B. Counter (Tor) Side slip (Bagli):— 1. Binding the long arm lock from both hands. 2. Inner leg trip. 3. Facing another side apply side slip. 4. Step over the body control the fall.

14. A. Long arm lock and neck & half nelson (Guddi danda Sandi):—It is purely Greco-Roman hold top in the opponent in sitting position. When you are sitting left upon the rival who is in kneeling position holding his waist from one or two hands Grasp his right arm from both hands one from upside and another from downwards and pull the



Fig.: 429 (14A) Long arm lock and neck & half nelson (Guddi danda Sandi)



Fig.: 430 (13A) Long arm lock and reverse neck bar (Ulta Hafta Sandi)

long arm lock from chest forward drive flattening him. Now holding the arm in right hand while sitting in kneeling position surpass your left hand from the armpit upto the neck as a half Nelson grip, and giving pressure upon the neck pin the opponent by means of rolling him sideways and control flattening the both legs behind.

Brief details:— 1. Sitting left upon the opponent. 2. Holding right hand from both hands. 3. Pulling long arm lock driver from chest. 4. Holding right arm from right hand. 5. Left hand from armpit up to the neck. 6. Pin by means of rolling sideways. 7. Flattening the legs behind pressing by chest.

14. B. Counter (Tor) Side roll (Palti):— 1. Hold position. 2. Basing upon left side facing right side. 3. Being reverse side saving himself from fall.

15. A. Hips cross bar and high left (Hathi Pachchar Sandi):— It is a miracle of free style to pin the opponent from standing position from behind while standing behind the opponent pull the long arm lock from both hands standing sideways to his left stopping his left leg by left. Now holding his hand wrist in your left hand pull this hand behind under his legs grasping from right hand and try to bend him forward. At the same time holding his right upper thigh from your left hand lift him up with the sport of both hands making rainbow shape to your behind. Now rolling him upon the head fall him in reverse position. After this placing

your knees towards both sides placing your buttocks upon his chest control him fall.

Brief details (Nichor):— 1. Holding waist from behind in standing position. 2. Holding right arm from both hands. 3. Grasping wrist from left hand. 4. Pulling the hand under legs from right hand. 5. Left leg stop his left leg. 6. Clinging chest upon waist. 7. Grab and lift. 8. Rolling upon the head. 9. Sitting upon the chest spreading legs both sides. 10. Pulling hand pinning reverse.

15. B. Counter (Tor) Chair hold (Kursia Pench):— 1. Hold position. 2. Spreading the legs forward shifting weight upon buttocks. 3. Ragging forward releasing the gasp hand. 4. With help of another hand face to face outer turn.

16. A. Olden Nelson (Hafta):— It is a olden hold of Indian style as well as free style wrestling from which the opponent has to fall. For this olden Nelson sit upon left side upon the underneath wrestler in kneeling position holding his waist from right hand and arm from left hand. Now surpass your right hand upon his neck thigh his armpit. Pressing the neck from the right hand and lift his body upward. After this standing upon the leg and hand to the left pressing the neck from side fall him.

Brief details (Nichor):— 1. Sitting upon the opponent towards left. 2. Holding the arm from left. 3. Surpassing the hand upon neck opposite side. 4. Pressing the hand and neck. 5. Lifting the body from knees. 6. Stand of left hand and leg. 7. Pressing the neck pinning him.

16. B. Counter (Tor) Side swing (Bagal roomi):— 1. Binding his hand. 2. Kneeling position.



Fig.: 431 (16A) Olden Nelson (Hafta)



Fig.: 432 (15A) Leg cross & high left (Hathi Pachchar Sandi)

3. Raising the head. 4. Hand switch. 5. Sitting sideways rolling the opponent.

17. A. Power Nelson (Kainchi Hafta):— It is miracle in free style wrestling to pin the opponent. When you are sitting left upon the opponent surpass your left hand upon his neck through his armpit and make both hands grip surpassing left hand across the neck locking his leg. Now twisting the neck towards you lifting the opponent by help of hands and leg fall him there making stand of the left hand.

Brief details:— 1. Sitting left upon the opponent. 2. Both hands grip upon the neck from the armpits. 3. Both hands scissor. 4. Pressing the neck pushing opposite side. 5. Pulling the neck inside. 6. Rolling the wrestler from hands and knees. 7. Making stand of left leg controlling fall.

17. B. Counter (Side swing):— 1. In hold of power Nelson. 2. Binding his hand by closing own hand with chest. 3. Kneeling position upon 90 degree. 4. Another hands switch. 5. Stand of elbow landing buttocks sideways. 6. Rolling the opponent from hands and legs. 7. Making stand of left leg pinning him.

18. A. Force Nelson (Jori Hafta):— It is also a free style wrestling hold to pin the opponent in sitting position which resembles with the above hold when you are sitting left upon the opponent holding him underneath, surpass your both hands upon his neck through ins armpits and likewise make a grip of both hands. Now pressing his neck downward and pulling it forwards downside and pressing the neck and pushing his body from the

chest pin him in front and you making the stand of your feet. It is a hold of power and powerful handed wrestler must use this hold.

Brief details (Nichor):— 1. Sitting upon the underneath wrestler towards left. 2. Both hands upon the neck from armpits. 3. Pulling the neck from pressure of hands. 4. Left legs stand. 5. Pushing from the chest. 6. Pinning and control.

18. B. Counter (Tor) side swing (Bagal roomi):—1. Nelson hold. 2. Closing the left elbow on chest binding the hand. 3. Standing one the knees lifting the head up. 4. Apply switch from another hand. 5. Closing the knees sideways sitting upon the elbow, stand of elbow. 6. Rolling the opponent upon as holding the opponent sitting there on.

19. A. Under arm half Nelson (Sandina Hafta):—It is also a promising hold of free style wrestling which is generally used in Olympics and world championship. For the same sitting upon the opponent holding his waist in right hand grasp has left hand crotch floating him sideways so that has hand bent on 90 degree. Now jumping to the another side surpass your right hand upon the neck through his armpit and pushing his body with your chest roll him sideways in the pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent in kneeling position. 2. Holding his waist. 3. Grasping hand crotch sideways. 4. Jumping to another side. 5. Hand upon neck through the armpit. 6. Pushing from chest in kneeling position. 7. Pinning.



Fig.: 433 (18A) Switch Swing (Bagal roomei)



Fig.: 434 (19A) Under arm half Nelson (Sandina Hafta)

19. B. Counter (Tor) Swing switch:— 1. Under arm Nelson position. 2. Extending the hand in thigh switch type. 3. Holding the another hand wrist tightly. 4. Surpassing the knees sideways and stand upon the elbow. 5. Rolling sitting upon the buttocks. 6. Controlling tall sideways by turning the face.

20. A. Half Nelson (Addha Hafta):— It is also a promising free style hold. Sitting upon the opponent sideways left hold from right and wrist from the left hand pull it back with the support of your head. Bend the hand upon the waist and riding upon his back reach towards his right side. Surpass your hand upon his neck through his armpit and pushing him from your chest in kneeling position pin him pressing your chest and surpassing the legs backside.

Brief details (Nichor):— 1. Sitting upon the opponent holding his waist. 2. Holding left hand wrist. 3. Bending the hand upon the waist riding up. 4. Reaching towards another side. 5. Surpassing hand upon the neck through armpit. 6. Pushing him from chest pinning then extending the legs backside.

20. B. Counter (Tor) Switch swing (Roomei):— 1. Hold position. 2. Making switch with the crotch. 3. Holding another hand wrist. 4. Sitting upon the buttocks surpassing the knees. 5. Rolling upon the stand of elbow. 6. Pinning the opponent sideways.

21. A. Twist Nelson (Marori Hafta):— This type of Nelson is also likewise the aforesaid hold. While sitting left upon the opponent in kneeling position holding the waist from right hand and grasping his left arm from the left hand. Pull his hand and place

it upon his back at 90 degree bent position. Now jumping to another side surpassing your right hand from his armpit upon the neck push his body sideways in rolling position to pin the opponent extending your both legs backside.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding waist from right hand and arm from the left. 3. Bending the hand from head support. 4. Placing hand upon back. 5. Jumping another side. 6. Surpass hand upon the Neck. 7. Pinning the opponent sideways from push and rolling.

21. B. Counter (Tor) Swinging Switch (Roomi Gadhalet):— 1. Twist Nelson position. 2. Switch of the another hand. 3. Standing the elbow surpassing the knees sideways. 4. Sitting upon the eh buttocks rolling the opponent turning the face. 5. Holding fall in sideways.

22. A. Neck squeeze Nelson (Jaili Hafta):— It is a supernatural type Nelson of free style wrestling to pin the opponent which is applied in international wrestling competitions. While standing upon the opponent towards left holding his waist in kneeling position. Placing his left hand reverse upon his neck and surpassing the right hand from his right armpit make both hands simple grip upon the neck and hook his left leg the right leg. Now push his neck down so that his forehead could be strike upon the mat and then loosening your grip surpass your wrist upon his left ear push his head at least 6. Indress towards right from your left hand fist. Now lifting this buttocks from your right leg knee and making stand of your left elbow facing



Fig.: 435 (22A) Neck squeeze Nelson (Jaili Hafta)

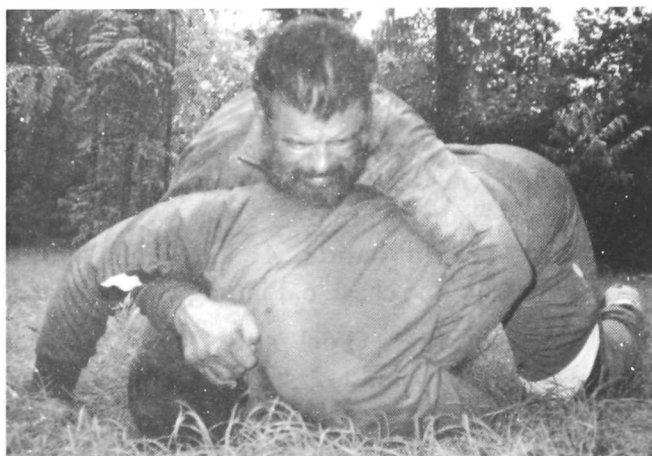


Fig.: 436 (21A) Twist Nelson (Marori Hafta)

to another side pin him towards his left closing him keeping his legs up in the sky.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Left hand reverse and right hand from the armpit upon the neck. 3. Both hands grip. 4. Right leg hook in left. 5. Pressing the neck down. 6. Pushing head towards right pulling leg. 7. Pinning on reverse position. 8. Left elbow stand.

22. B. Counter (Tor) Swing switch (roomi Gadhalet):— 1. Hold position. 2. Closing the right hand under chest. Holding the wrist of the opponent. 3. Lifting the head surpassing the knees sideways. 4. Sitting upon the buttocks turning the face. 5. Rolling the opponent from upward. 6. Pinning sideways.

23. A. Neck lock Nelson (Danda Hafta):— This kind of Nelson as likewise as the aforesaid hold. For the same sitting left side upon the opponent in kneeling position holding him down. Now grasping his neck from downward to upward with both hands pull it down and bending it hooking left leg in your right leg close his leg and push on the neck towards right side with both hands and leg and how making stand of left hand hold him pinning together sideways.

Brief details (Nichor):— 1. Sitting left kneeling position. 2. Both hands neck grip from downward. 3. Reverse fall. 4. Stand of left hand.

23. B. Counter (Tor) Body ride (Dhar):— 1. Neck lock Nelson position. 2. Step over basing upon the head. 3. Pinning the opponent tilting body weight.

24. A. Arm bar press Nelson (Ulat Hafta):— It is a fine pinning hold of free style wrestling which is used in Olympic wrestling. When you are sitting

upon the opponent in kneeling position grasp his waist from the right hand. Now surpassing your left hand under his chest hold his right arm from both hands and lying flat him with chest push hold his right wrist from your left hand gripping your hand reverse with his back and place your knees to both sides towards his head. Then kneeling sideways pulling his hand surpass your right hand upon his neck under his left hand pressing him likewise pin him there making yourself flat upon him.

Brief details (Nichor):— 1. Sitting upon the wrestler in kneeling position. 2. Pulling long crotch from both hands. 3. Holding right wrist in left hand. 4. Head in between knees. 5. Reaching opposite side. 6. Surpassing right hand upon neck from armpit. 7. Pulling has hand. 8. Pressing the neck. 8. Pinning by making himself flat.

24. B. Counter (Tor) Body over hand bar (Danda):— 1. Arm bar press Nelson position. 2. Making stand of hand throwing body upon the opponent. 3. Applying hand bar upon his thigh. 4. Holding another arm lying him sideways. 5. Pressing fall after body throw.

25. A. Twist Nelson (Pankhi Hafta):— It is a promising hold of free style wrestling to pin the opponent. The wrestlers who has powerful arms should apply this kind of hold when both of you are fighting face to face in kneeling position hold his neck in right and circle grasping his chin. Now surpassing the right hand from back side under his armpit hold the right hand wrist upon the neck. Then fall him to rolling the opponent.

Brief details (Nichor):— 1. Face to face in kneeling position. 2. Holding neck and grasping chin in right hand. 3. Surpassing left hand under



Fig.: 437 (24A) Arm bar press Nelson (Ulat Hafta)



Fig.: 438 (23A) Neck lock Nelson (Sanda Hafta)

armpit. 4. Holding right hand. 5. Pressing the neck. 6. Pin him from rolling.

25. B. Counter (Tor) Body over (Dhar Marna):— 1. Twist Nelson position. 2. Basing upon head throwing body upon him. 3. Pinning the rival tilting weight upon him.

26. A. Hard nelson (Belni Hafta):—It is a easy and simple hold of free style wrestling to pin the opponent. While holding your opponent in sitting position towards left, surpass your left hand upon the neck from the left armpit. Now in kneeling position making your face across hold his right thigh from your right hand and roll him sideways in your front from chest push and stop him in pinning position making yourself flat upon him.

Brief details (Nichor):— 1. Sitting upon the opponent in kneeling position towards left. 2. Surpass left hand upon neck from armpit. 3. Holding thigh from right hand. 4. Chest push in side ways front direction. 5. Pressing fall in flat position.

26. B. Counter (Tor) Turning over (Palti):— 1. Hard Nelson position. 2. Turning the face. 3. Whole body upon one side. 4. Another hand switch.

27. A. Modern Nelson (Jangi Hafta):— It is a modern promising hold of free style wrestling to pin the opponent easily in sitting position which generally used in olympic as well as world wrestling championship. When you are holding the underneath wrestler sitting to his left hooking his left leg in your right leg standing the left leg sideways place your left hand upon your neck in

reverse position and surpassing your right hand upon his neck from his armpit make both hands simple lock upon the neck jerk his neck down from wrist action so that his forehead may touch the mat. After this puling the left hand touch the fist with his left ear. Now push his head at least 1/2 feet towards right side and reach to his right side and holding his right thigh from the left hand push him sideways. Now putting the weight upon his chest surpassing the legs to back side stop him in pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent locking his leg from kneeling knee. 2. Place left hand reverse upon neck. 3. Surpassing right hand from the armpit both hands grip. 4. Right leg with right buttock. 5. Leg resting upon heel and pow. 6. Touching the forehead from wrist action. 7. Pushing the head towards right. 8. Reaching right side holding right thigh. 9. Pushing side roll from chest. 10. Tilting weight and flattening legs pinning him.

27. B. Counter (Tor) Side swing (Bagal Roomie):— 1. Modern wrestling position. 2. Closing the elbow and hand with chest, kneeling position. 3. Applying left hand switch. 4. Surpassing the knees sideways sitting upon the buttocks. 5. Rolling the opponent above from lifting the upper portion. 6. Flattening the legs turning the face stopping the opponent in pinning position.

28. A. Head lever floating hold (Baju Ghissa):— Floating hold is a promising hold to pin the opponent in sitting position which is used in free style wrestling. Holding the opponent in sitting



Fig.: 439 (28A) Head lever floating hold (Baju Ghissa)



Fig.: 440 (21A) Twist Nelson (Pankhi Hafta)

position to his left side grasping his hand paw pull it back in a circle. Now putting your right hand paw in his right thigh float him sideways to the left turning the face also and placing the left knee down and standing the right knee make a jack under his buttocks so that he will hung up and his both shoulders touching the mat.

Brief details (Nichor):— 1. Sitting upon the opponent to left. 2. Pulling his hand paw backside. 3. Placing the hand in thigh float hold in turning the face. 4. Lifting him up from the right knee. 6. Placing left knee bearing weight upon the right knee jack.

29. A. Leg cross floating hold (Pagmar ghissa):— It is a promising free style wrestling hold to pin the opponent from sitting position. While sitting upon the rival to the left holding his waist from the right hand and his arm from left hand placing the knee before his buttocks in between his legs. Now grasping his inner thigh turning the face towards left open the opponent pushing his arm and lifting his buttocks up and landing the left hand surpass the right leg in between his legs across his waist in pinning position. Taking the reverse direction fall and control him there.

Brief details (Nichor):— 1. Sitting up on the left. 2. Placing the right knee and legs. 3. Holding left arm. 4. Right hand in the thigh. 5. Turning to left with rolling. 6. Lifting upon the knee. 7. Straightening the right leg across the waist. 8. Reverse direction. 9. Left hand stand. 10. Tilting weight upon him.



Fig.: 441 (23A) Neck lock Nelson

29. B. Flying switch:— 1. Surpassing the knees sideways. 2. Right hand switch and left hand stand. 3. Straightening the legs forward. 4. Raising the chest tilting weight upon arm. 5. Holding the waist by means of roll.

30. A. Soft Floating hold (Naram Ghissa):— It is a tactful hold of free style wrestling to pin the underneath opponent while sitting upon the underneath. Wrestler to the left holding his waist by right hand in the kneeling position. Applying cross face bar holding his right arm from the left hand in the closing position pull him at the same time towards left and pushing his left arm make him in lying position placing his shoulders upon the mat or arena. Making the left elbow stand and turning to the left stop him in pinning position upon the right leg stand.



Fig.: 442 (27A) Modern Nelson (Jangi Hafta)

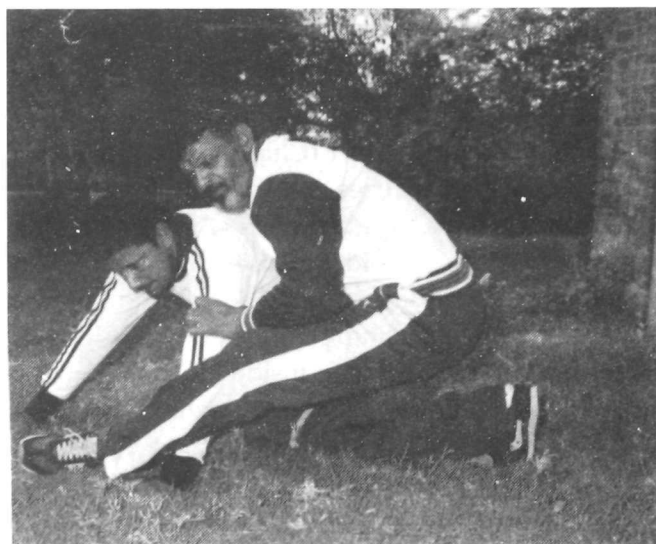


Fig.: 443 (29A) Leg cross floating hold (Pagmar ghissa)

Brief details (Nichor):— 1. Sitting towards left upon the opponent. 2. Kneeling position. 3. Lying the opponent upon left sideways. 4. Holding arm floating left side. 5. Lifting upon the right knee. 6. Pushing the arm inside. 7. Elbow stand. 8. Right leg stand. 9. Holding fall.

30. B. Counter (Tor) Short switch (Roomie):— 1. Floating time surpassing knee sideways. 2. Applying right hand switch. 3. Left hand stand. 4. Turning over and holding waist.

31. A. Arm lock floating hold (Sandiyana Ghissa):— It is also a tactful floating hold of free style wrestling to pin the underneath opponent. While sitting left upon the opponent holding his waist pull the rivals left hand crotch. Now he will feel that my opponent is rolling me upon the head by means of the short crotch. Instead of rolling him reverse surpassing your right hand in his thigh applying floating hold towards left lift him upon your right leg stand and turning the face pin him there touching the shoulders upon the soil or mat.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Pulling left hand crotch. 3. Placing left knee. 4. Lifting him from another knee. 5. Grabbing right thigh floating hold. 6. Turning face to the left. 7. Weight upon the right leg stand. 8. Holding fall.

31. B. Counter (Tor) Switch swing (Bahri Gadhalet):— 1. Holding wrist of the opponent. 2. Stand of the another hand. 3. Gripping left leg in the opponents leg porch. 4. Turning the face

surpassing knees sideways. 5. Sitting upon the buttocks on 90^0 . 6. Rolling the opponent sideways in pinning position.

32. A. Spinning wheel (Charkha):— It is also a powerful legs hold of free style wrestling to pin the underneath wrestler, the wrestlers who are suffering from knee injury should not use this hold. When the opponent is sitting upon the knees and you are holding him in kneeling position towards his left side, grapine your right leg inside his left leg. Now raising yourself up, pressing him down and making stand of your left leg going across the opponent grab his neck in your left leg circle dive across him with full swing so that he will be pinned from your both legs hold.

32. B. Brief details : 1. Face to face right stance. 2. Landing right knee. 3. Surpassing head inside. Holding ankle from hands. 5. Back leg upon the paw. 6. Pushing the thigh from shoulder. 7. Pulling the ankle. 8. Pinning forward & control.

32. B. Counter (Tor)—Front pick (Jhatka):— 1. Jumping upon him. 2. Landing the hands behind & forward jerk. 3. Releasing ankle & turning towards face to face.

33. A. Spinning wheel and Nelson (Hafta Charkha):— It is a promising free style Wrestling while sitting left upon the opponent hooking your right leg in his left leg surpass your right hand from his right armpit upon his neck. Now pressing his neck the hand and lifting him from back side facing towards left placing the left hand elbow touch his

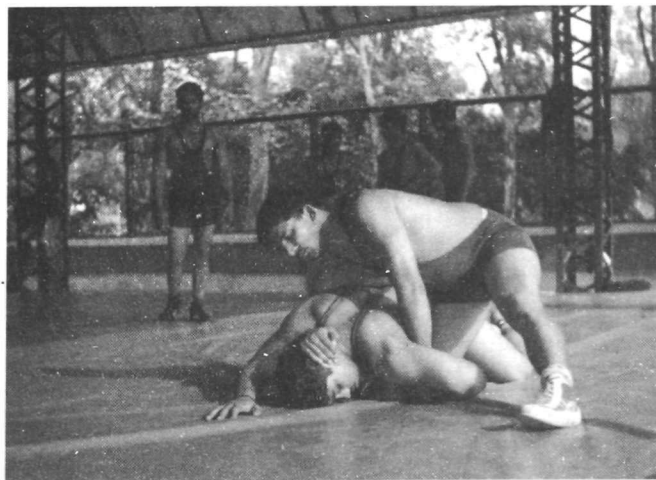


Fig.: 444 *Spinning wheel and Nelson (Sandiyana Hafta)*



Fig.: 445 (33A) *Spinning wheel and Nelson (Hatta Charkha)*

both shoulders with mat so that he may remain in the pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Hooking right leg in his left. 3. Left leg stand in surpassing right hand from right armpit. 4. Pressing neck from right hand. 5. Left leg and left hand stand. 6. Pressing neck rolling the opponent. 7. Lifting up from backside from big and pinning.

33. B. Counter (Tor) Side swing (Bagal Roomi):— 1. Holding right wrist. 2. Kneeling position and landing upon buttock side ways. 3. Applying another hand switch. 4. Rolling sideways land upon elbow. 5. Pinning the opponent through rolling and turning the face.

34. A. Spinning wheel and Nelson (sandi Charkha):— It is also a patent hold of free style Wrestling a bit different with the previous to pin the opponent confidently, while sitting left upon the opponent pull his left hand crotch and grapine your right leg in his left leg likewise. Now putting your body weight upon him surpass your right hand from his right armpit upon the neck lift the opponent from your right leg facing to reverse side and roll him upto touching the both shoulders on the mat in pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Pulling left hand crotch. 3. Grapine right leg in his left. 4. Left hand stand. 5. Weight upon the back of the rival. 6. Right hand upon the

neck from the armpit. 7. Left knee stand and facing left. 8. Pressing the neck bending the head right side. 9. Pulling the crotch lifting from up from the leg. 10. Legs up and pinning.

34. B. Side Swing (Bagal roomi):—

1. Clinging right elbow bond with the chest. 2. Kneeling position. 3. Applying another hand switch. 4. Surpassing the knees sitting upon the buttocks. 5. Rolling the opponent with the jerk. 6. Holding fall in sitting position, turning the face.

35. A. Spinning wheel and hand crotch (Ambar Charkha):—

It is a different type of spinning wheel to the opponent in free style wrestling. While sitting left upon the opponent grapine your right leg in his left leg making the left leg stand. Now tilting body weight upon the rival hold his right hand crotch from your left hand and applying forward dive open the opponent by pulling his hand crotch and lifting the leg up so that he will remain pin.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Grapine right leg in his left. 3. Pulling right hand crotch. 4. Putting weight upon the rival. 5. Left leg stand. 6. Dividing forward sideways. 7. Pulling crotch pinning him.

35. B. Counter (Tor) Side Swing (Bagal roomi):—

1. Holding opponents right wrist in right hand. 2. Standing the knees and switch of another hand. 3. Lifting own body up surpassing knees sideways. 4. Sitting upon the buttocks on elbow stand. 5. Rolling him upward turning face pinning him.



Fig.: 446 (36B) Side Swing (Bagal Roomi)



Fig.: 447 (35A) Spinning wheel and hand crotch (Ambar Charkha)

36. A. Cross spinning wheel (Killi Charkha):—

It is a patent free style and rural wrestling hold to pin the opponent from style and rural wrestling hold to pin the opponent from sitting position while sitting left upon the opponent grapine right leg in his left leg during the kneeling position standing the left leg sideways. Now tilting body weight upon the rival pull his right hand crotch and dive forward to the reverse right side over hooking his neck from left hand and open the rival in pinning position by means of pulling hand and short jerk.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Grapine right leg into his left leg. 3. Tilting weight and left leg stand. 4. Pulling long crotch from left hand. 5. Lifting from body up surpassing knees sideways. 6. Resting upon the buttocks and elbow. 7. Rolling him upward turning the face pinning.

36. B. Counter (Tor) side swing (Bagal Roomi):—

1. Holding right wrist from right hand. 2. Kneeling position. 3. Applying switch from another hand. 4. Lifting own body up surpassing knees side ways. 5. Resting upon elbow and buttocks. 6. Rolling upward and turning face pinning the opponent.

37. A. Tiet Ring hold (Endi):— It is a promising free style wrestling hold to pin the opponent in which the opponents position because like a ring while sitting left upon the opponent put your right knee in between his legs placing the left leg sideways in standing position. Now encircle his

neck in right hand pulling the same hit his leg forward to get together the both. Placing the left leg upon own left leg this surpassing the right hand under his bent leg cross it upon his neck and taking turn placing the left leg across the head side ways place the right knee to another side. Thus his head will be in between your knees and your direction will be reverse. Now holding his both legs downward stop him in pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Placing right knee between his legs. 3. Holding the right hand bar from the left hand. 4. Driving left tilting weight upon the back. 5. Pulling head from bar. 6. Lifting leg placing upon left thigh. 7. Pushing forward. 8. Surpass right hand upon the neck. 9. Placing left hand heads left and right to another side. 10. Pressing both legs down upon the head. 11. Holding fall by straightening legs back side.

37. B. Counter (Tor) opposite side roll (Ulti Karwat):— 1. Turning face. 2. Changing the side. 3. Releasing from the hold in ragging position.

38. A. Flat ring hold (Lamlet Endi):— It is also the same hold as above having a bit difference. When the opponent is clinging with the soil or the mat in flat position in this position this hold should be applied. While sitting left to the flat opponent placing the right knee the between his legs and raising the other leg side ways in Hanuman Stance pull his head by right arm bar with the sport of left hand. Hitting his leg forward try to close his neck and leg and then holding his left leg put it upon your left thigh and push it forward. Now



Fig.: 448 (38A) Flat ring hold (Lamlet Endi)

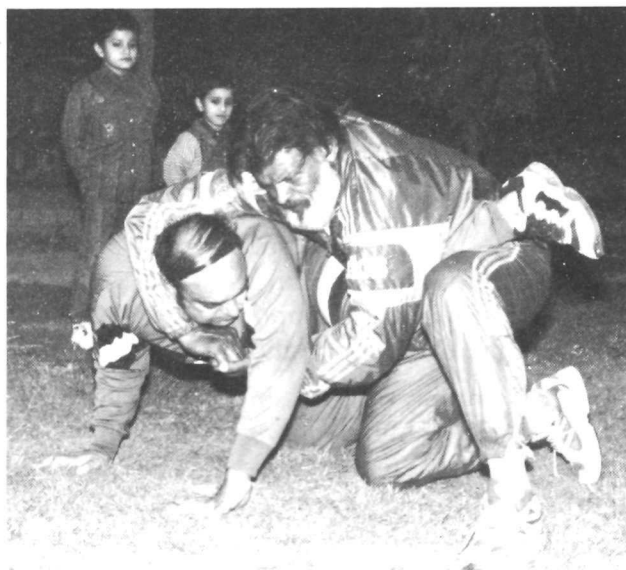


Fig.: 449 (39A) Opposite leg tight ring hold (Dohari Endi)

surpassing your right hand upon his neck change your position reverse by placing your right leg across his head to far side while the right leg knee to near side taking his head in between kneeling position. Pull his legs downward from your hands upon his head pinning him there.

Brief details (Nichor):— 1. Sitting left upon the flat opponent. 2. Kneeling the right knee the between the legs assuming Hanuman stance. 3. Right hand bar holding from left hand. 4. Bending the head inside from the hands pull. 5. Closing the leg from knee hit. 6. Holding left ankle placing upon the thigh. 7. Bending leg from forward jerk. 8. Head between own knees. 9. Pressing the legs down from both hands. 10. Controlling fall by straightening the legs backside.

38. B. Counter (Tor):— 1. Turning face to another side. 2. Changing side. 3. Releasing from the hold from ragging position.

39. A. Opposite leg tight ring hold (Dohari Endi):— It is a also a important free style wrestling hold to pin the flat opponent which some thigh different from the two aforesaid holds. While sitting upon the flat wrestler to the left tilting upon his body weight holding his heat in right arm bar with the sport of left hand placing the right knee towards his right side close his both legs by means of knee hit and pulling his head close and legs nearer. Then placing the legs upon your left thigh surpass your right hand upon his neck under the legs and taking

his neck in between kneeling position changing the reverse direction bend his legs down from your both hands press and stop him in pinning position.

Brief details (Nichor):—1. Sitting left upon the flat wrestler. 2. Hanuman stance while right knee placed right side. 3. Right hand bar upon head and holding from left hand. 4. Pulling head and pushing legs. 5. Closing the head and legs together. 6. Hitting the legs from both knees. 7. Standing the left leg. 8. Placing the legs upon left thigh. 9. Forward push and head pull. 10. Kneeling position. 11. Pressing legs down from both hands. 12. Holding full by straightening the legs behind.

39. B. Counter (Tor) Opposite side roll (Ulti Karwat):— 1. Turning face to another, side. 2. Changing side. 3. Releasing himself from the hold by ragging.

40. A. Sitting Sarotha (Baithi Janeu):— It is also a favourite hold to pin the opponent in sitting position in free style wrestling. When you are fighting face to face in sitting position sit in Hanuman stance placing the right knee down and left knee up sideways to the opponent's right. Now holding his neck in right hand and grasping opponent's right leg from porch make both hands tiet grip and surpassing the legs forward and sitting upon the right buttock facing right roll him reverse upon his head. At the same time rolling on your head step over upon the falled rival crosswise by straightening the legs behind.

Brief details (Nichor):— 1. Sitting right side taking reverse position. 2. Hanuman stance.



Fig.: 450 (40A) Sitting Sarotha (Baithi Janeu)



Fig.: 451 (41A) Front sitting Sarotha (Takkari Janeu)

3. Holding neck and leg from both hands. 4. Extending left leg forward. 5. Resting upon right buttock. 6. Rolling the wrestler upon the head. 7. Pinning from reverse roll and stop over him by straightening the legs.

40. B. Counter (Tor) Colundun (Bangri):— 1. Holding right leg. 2. Application of colundun from other hand grip. 3. Surpassing head to the left side. 4. Applying colundun by means of roll. 5. Pinning down from roll.

41. A. Front sitting Sarotha (Jakkari Janeu):— Third kind of this Sarotha is different with the above both. The opponent became reverse to be pinned from this free style hold. While sitting left upon the opponent hold his right side neck in your right hand and at the same time grasping his left leg in the porch from the left hand make both hands grip. Straightening the both legs forward pull the wrestler behind with a sharp jerk facing to right side pin him.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Sitting in kneeling position. 3. Surpass right hand from right shoulder and left hand on left leg. 4. Both hands grip. 5. Rubbing the chin upon the back. 6. Straightening the legs forward. 7. Rolling upon head. 8. Rolling in side ways. 9. Roll himself right side. 10. Pressing fall in flat position.

41. B. Counter (Tor) Sitting Sarotha (Baithi Jholi):— 1. Binding thighs from both hands. 2. Touching both shoulders lifting the thighs. 3. Holding fall.

42. A. Three quarter Nelson (Palti):— It is also a patent hold of pinning the sitting wrestler in free style wrestling. While in face to face when you are standing and the opponent is sitting holding his neck in right hand grasp the chin and surpassing the left hand from his right armpit reach at upon his neck holding your right wrist. Now pressing the neck down roll him upon the head extending the legs forward so that he falls in your sideways. Now take neck and arm in the grip.

42. B. Counter (Tor) Hand bar (Danda):—
1. Holding the opponents arm. 2. Applying hand bar on high. 3. Pinning forwards right from arm bar. 4. Flattening. 5. Stepping over the right hand on pinned rival

43. A. Nelson and bridge (Chakkar Palti):—
It is also a patent hold of free style wrestling. Sitting face to face during wrestling encircle opponent's neck in left hand holding his chin. After this surpassing the right hand from behind his left armpit place it upon the rivals neck and hold own hand wrist. Now making bridge to the left with sharp movement roll the opponent also in air and press him down in pinning position all the same time.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Encircling the neck and holding the chin from left hand. 3. Surpassing right hand upon the neck from behind armpit. 4. Looking upward rolling in the air. 5. Making bridge. 6. Controlling the wrestler after roll. 7. Taking flattening position pressing fall.

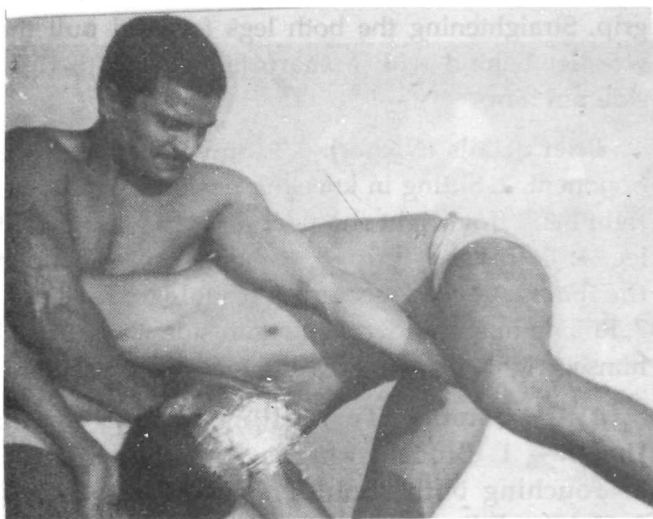


Fig.: 452 Rolling Nelson (Ulti-Palti)



Fig.: 453 (42A) Three quarter Nelson (Palti)

43. B. Counter (Tor) Hand bar (Danda):—
1. Holding the arm of the opponent. 2. Applying right hand arm bar upon the thigh. 3. Pinning towards right from arm bar. 4. Turning the face Flattening himself. 5. Holding from the right hand in pin position.

44. A. Rolling Nelson (Ulti-Palti):— It is a very patent hold and Free Style Wrestling to pin the opponent in face to face sitting position. Encircling his neck from the left hand hold his chin also. Now surpassing the right hand from his left armpit form behind upon the neck in reverse position. Afterwards applying left hand switch under his left hand throw the opponent sideways in the left and extending the legs forward hold the opponent from both hands in pinning position.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Encircling left hand upon the neck holding the chin. 3. Surpassing another hand from behind under armpit and reverse hand position. 4. Pressing the head sideways. 5. Rolling him in left side. 6. Sitting upon the buttocks extending the legs. 7. Holding the neck from both hand controlling the fall.

44. B. Counter (Tor) Hand bar (Danda):—
1. Holding the arm. 2. Applying hand bar outside thigh and pin. 3. Turning the face becoming flat. 4. Dropping the hand over the chest fall.

45. A. Gutwrench (Bharandaj):— It is a world famous olympic hold of free style wrestling to pin the opponent in sitting position while sitting left

upon the opponent holding his waist from right hand Grasp his left arm also in left hand and making a tight grip of both hands surpass your left leg under his chest facing him to take the rolling position. Now roll to your left side with tightening the opponent making a hard bridge and throw him sideways upon you so that he may be pinned and hold him there with a tight grip. Unfortunately if he does not fall apply Bharandaj again and to serve a fall otherwise you will secure the danger points.

Brief details (Nichor):— 1. Sitting upon the underneath wrestler towards left. 2. Grasping left hand form left hand. 3. Both hands tight grip. 4. Surpassing left knee under his chest. 5. Roll upon the bridge with tight grip. 6. Throwing the opponent from sharp action toe sideways. 7. Holding fall.

45. B. Counter (Tor) Step over (Tang Dalna):— 1. Turning face towards the wrestler. 2. Stepping over. 3. Reaching over the opponent. 4. Controlling fall.

46. A. Standing Bharandaj (Khari Bharandaj):— It is also a promising hold of Free Style Wrestling to pin the standing wrestler from behind. While holding the waist from behind grasp his left arm from your left hand. Bending the knees forward clinging your chest with his buttocks and waist lift him up with the sharp jerk making rainbow position of your body towards backward. Now swing him to the right side and land the left knee down standing the right knee up in Hanuman

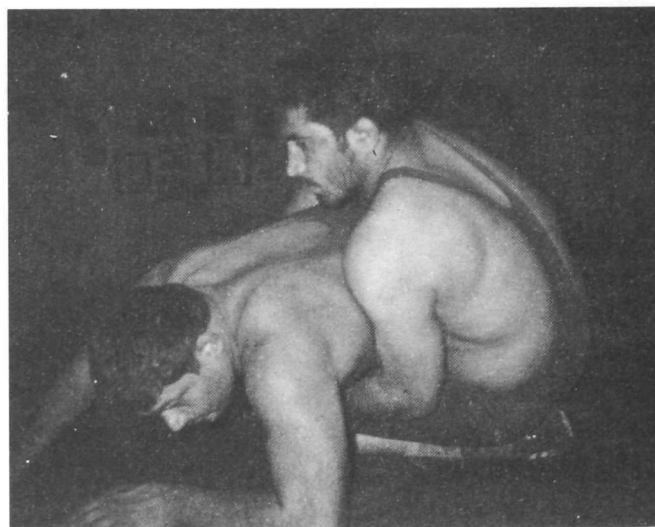


Fig.: 455 (45A) Gutwrench (Bharandaj)

stance. Suddenly fall the opponent down upon your standing leg so that his waist resting upon your raised by and pinning him to the left side.

Brief details (Nichor):— 1. Standing behind the opponent. 2. Grasping left arm. 3. Bending knees down clinging the chest with the waist. 4. Lifting the opponent in rainbow position. 5. Landing left knee down and right knee up in Hanuman stance. 6. Swinging the rival towards right. 7. Dropping the opponent towards left in pinning position. 8. Waist resting upon the right leg.

46. B. Counter (Tor) Standing swing (Pus-tang):— 1. Holding left wrist in left hand. 2. Stand of right hand. 3. Right leg. 4. Raising up the buttocks and turn. 5. Rolling the opponent in sideways.

47. A. Double hand hook (Nihatthi Sandi):—It is a very cruel hold of free style wrestling to pin the opponent in sitting position while sitting left upon the opponent holding his waist from the right hand pull his left crotch and surpassing your right in between his legs from behind grasp his left hand ankle pulling it back side. Now pulling his right hand crotch lift him up and enrolling him upon the head pin him touching his both shoulders lifting the legs in the sky.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Pulling left hand crotch. 3. Holding wrist in between legs. 4. Left hand long crotch. 5. Pulling right hand crotch. 6. Enrolling the opponent reverse. 7. Holding pinning up down position.



Fig.: 454 (47A) Double hand hook (Nihatthi Sandi)



Fig.: 456 (48A) Cross arm hook half Nelson (Bakra Pachchar)

47. B. Leg stretch (Pair Pasarna):— 1. Straightening the legs forward. 2. Sitting upon the buttocks. 3. Rolling from the hold.

48. A. Cross arm hook half Nelson (Bakra Pachchar):— It is also a promising pinning hold of free style wrestling in sitting position. While sitting left upon the opponent. Holding the right arm of the opponent with both hands push him side ways forward to pull the long crotch. After this surpassing the hand behind in between the legs grasp his ankle in right hand applying 1/2 Nelson from the left hand roll him sideways with the chest push and hand pressure. Pin him tilting weight upon him straightening the legs behind.

Brief details (Nichor):— 1. Pulling right hand long crotch. 2. Surpass the hand from legs. 3. Holding right and wrist from behind. 4. Left hand 1/2 Nelson reverse hand. 5. Enrolling the opponent in the sideways. 6. Pinning by tilting weight upon chest. 7. Straightening the legs behind.

48. B. Counter Legs stretch (Pair Pasarna):— 1. Straightening both legs forward. 2. Sitting upon the buttocks like chair. 3. Releasing the crotch. 4. Face to face after turning.

49. A. Cross arm lock lift (Hathi Pachchar):—It is a prominent pinning hold of free style and mostly Indian style wrestling. While sitting left upon the opponent wrestler holding the right hand from both hands push him sideways forward to pull his long hand crotch and surpassing the hand in between the legs behind grasp the ankle from right hand. Holding his right thigh reverse from the left hand lift him up with the sport of both hands clinging the chest with his waist and enrolling him sideways

to the left head down and legs up pin him placing his shoulders upon the mat or soil and sit upon his hips as like a chair.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding long crotch. 3. Grasping crotch hand from behind. 4. Holding right leg from left hand. 5. Lifting the opponent clinging the chest. 6. Turning sideways. 7. Placing the shoulders on the mat in up down position.

49. B. Counter (Tor) Legs stretch (Pair Pasarna):— 1. Straightening the legs forward. 2. Sitting upon the buttock like chair. 3. Releasing the crotch. 4. Face to face after turn.

50. A. Cross arm and Nelson (Kukkar Sandi):— It also a very hard hold of free style and oriental style wrestling to pin the opponent in sitting position. While sitting left upon the opponent holding his waist from right hand grasp his right hand from both hands, pull his long crotch from lying him with the chest push taking his right hand behind in between his legs pull his hand ankle from your right hand. Now grasping his right thigh in reverse direction left the opponent up clinging the chest from his body with both hands sport. Now enrolling him sideways in the air placing his head down surpass both hands 1/2 Nelson and pin him down.

Brief details (Nichor):— 1. Sitting upon the opponent to the left. 2. Holding the waist from right hand. 3. Pulling long crotch. 4. Surpassing hand behind from legs. 5. Holding the hand wrist. 6. Holding his right thigh from left hand. 7. Lifting clinging chest. 8. Rolling sideways. 9. Both hands nelson. 10. Placing the shoulders in pinning position.



Fig.: 457 (49A) Cross arm lock lift (Hathi Pachchar)

50 .B. Counter (Tor) Legs flattening (Pair Pasarna):— 1. Lifting head releasing Nelson. 2. Flattening the legs sitting upon buttocks. 3. Ragging forward looking upon sky. 4. Releasing hand crotch. 5. Face to face after turn.

51. A. Double Nelson: It is a top most hold of Free style wrestling to pin the opponent in sitting position while sitting left side upon the opponent surpass your both hands upon his neck from his both armpits and make a tight hands lock upon the there. Twisting his neck and turning towards right side pin the opponent tilting weight upon him.

Proief details: 1. Sitting left upon the opponent 2. Holding waist from right hand. 3. Surpassing both hands upon the neck from armpit 4. Twisting the neck lock and turning right 5. Kneeling positions to Pin him to reverse side tilting body weight upon him.

51. B. Counter (Tor) Side slip (Bagli) 1. Holding bothel bons 2. Raising buttocks upside in Kneeling position 3. Lifting the opponent upon the back 4. Rolling towards right side tightening the grip, turning face to left. 5. Pining sideways in updown position.

52. A. Double Trouble (Dohri Khor):— It is a world famous International hold of free style as well as Greco-Roman wrestling which is very easy

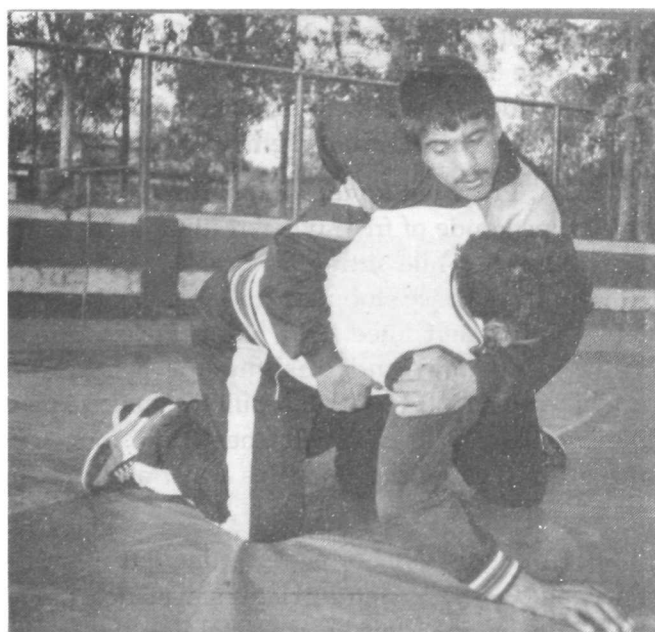


Fig.: 458 (52A) Double Trouble (Dohri Khor)



Fig.: 459 (51A) Double Nelson (Dohari Hafta)

for application. While sitting left upon the opponent holding his waist from right hand, pull his left hand crotch and lift it upon his back in this continuation and surpass your left hand cross wise under his lifted hands arm. Now in kneeling position facing sideways crosswise applying left hand cross face bar push the opponent with the chest and pulling with the left hand so that he will roll in pinning position and press him down by tilting weight upon him flattening the legs behind.

Brief details (Nichor):— 1. Sitting left upon the rival. 2. Holding waist from right hand. 3. Pulling short crotch. 4. Lifting his left hand above back. 5. Surpass right hand into it. 6. Left hand cross face bar. 7. Kneeling position. 8. Pushing sideways and pin.

52. B. Counter Sitting hand hook (Baithi hath ankare):— 1. Hand hook in arm. 2. Inner leg grapine. 3. Another hands stand. 4. Turning the face sideways. 5. Lifting the leg rolling the opponent. 6. Tilting weight upon pinned opponent.

53. A. Lower duck under (Pabba Feri):— It is also a free style as well as oriental style hold to pin the opponent from sitting position. While sitting left upon the opponent when anyway the opponent is not able to be pinned, grasping his left leg from the right hand hold his left arm in hands hook and lifting the rival up clinging chest with him, move him in a left direction semi-circle in this continuation fall him down and hold him there pulling chest upon his chest and straightening the legs behind.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding left leg from right hand. 3. Left arm from left hand. 4. Lifting rival up. 5. Turning the opponent in semi circle in standing position. 6. Pinning down. 7. Pressing from chest and legs straight.

54. A. Konde (Kunde):— Konde is a International free style wrestling hold used in various kinds. It is the main base from which knode holds are applied konde is a sitting hold while sitting left upon the opponent changing the direction reverse behind sit down in Hanuman stance stepping his left standing knee from your left knee placing in to 90 degree angle and stand the another leg sideways. Now tilting weight of left armpit upon the waist of the rival grasp his both ankle from your both hands and pressing his left knee backside bend his both legs touching his buttocks, place your left elbow sideways to his right side facing in the sky and based upon the left buttock standing the right leg sideways in the bent position.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Changing reverse direction. 3. Landing left knee stopping his right knee Hanuman stance. 4. Pulling ankles from hands using the knee. 5. Sitting upon left buttock after bending the ankles. 6. Right side elbow stand. 7. Pressing from body weight. 8. Right leg stand. 9. Sight upward.

54. B. Counter (Tor) Ragging (Rigasna):— 1. Ragging right side. 2. Surpassing the both knees. 3. Releasing himself sideways. 4. Left hand stand. 5. Releasing from hold.

55. A. Ankle grip and Konde (Mujja Kunde):— It is different type of Konde of free style wrestling



Fig.: 460 (57A) Waist grip Kunde (Kamar Kunda)

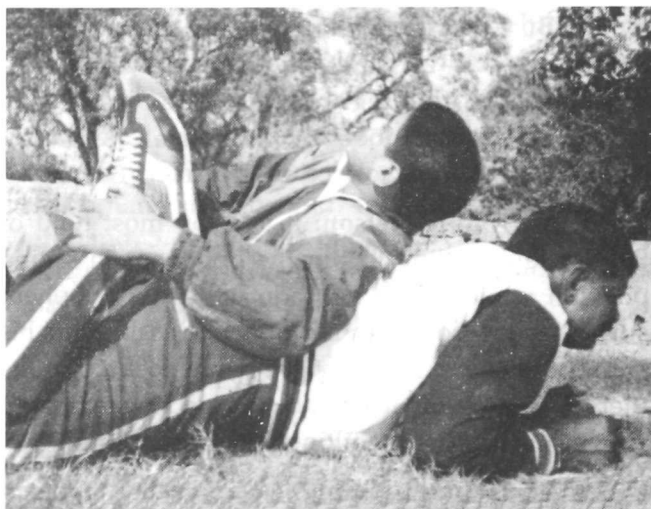


Fig.: 461 (54A) Konde (Kamar Kunda)

hold in which the opponent is tightened after flattening. Like the aforesaid method sitting left upon the opponent changing the reverse direction assuming Hanuman stance placing the left knee by stopping his left knee and standing the other leg sideways tilting left side body weight upon him bend his both legs after holding the both ankles.

Brief details (Nichor):— 1. Left upon the sitting wrestler. 2. Hanuman stance. 3. Bending the right leg ankle. 4. Pushing the knee. 5. Clinging the ankle with buttock. 6. Pressing weight upon waist flattening. 7. Sitting upon left buttock. 8. Left elbow stand. 9. Sight upward.

55. B. Counter (Tor) Ragging (Rigasna):— 1. Surpassing knees sideways. 2. Turning the face right side ragging with buttocks. 3. Releasing himself sideways. 4. Left hand stand and sitting position. 5. Released from the hold.

56. A. Press leg konde (Rapti Konde):— It is a third type konde of free style wrestling to make the wrestler flat. While sitting left upon the opponent in Hanuman stance stopping his left knee from own left standing left knee hold his right ankle from your right hand and pushing his thigh from underneath by left hand palm pull his ankle to bend his leg and pushing his left knee from your knee make him flat resting upon his waist and making stand of your left hand elbow.

Brief details (Nichor):— 1. Sitting left upon the kneeling wrestler to left in Hanuman stance. 2. Left knee standing near his knee. 3. Holding right ankle from left hand. 4. Pushing the knee behind. 5. Left

hand under thigh. 6. Making the wrestler flat by pulling the ankle. 7. Waist under armpit. 8. Elbow upon the mat. 9. Right leg stand. 10. Looking upward tilting weight.

56. B. Counter (Tor):— 1. Legs direction towards right. 2. Ragging with knees and buttocks facing right. 3. Surpassing sideways from ragging. 4. Lift hand stand. 5. Sitting with the opponent. 6. Releasing from the hold.

57. A. Waist grip konde (Kamar Kunda):— Waist grip Konde is a promising hold of Free Style Wrestling to pin the underneath opponent while sitting upon the opponent to left side sitting in Hanuman stance in reverse position stop his left knee by own landed left knee. Now tilting weight upon his waist hold in his both ankles behind his legs upto his buttocks. After this releasing his right leg make a both hands grip surpassing the right hand behind his legs upto and surpassing the left hand from forside turning the face to the left turn his body also from hands grip closing the chest with the waist. So that he may be lifted up and place him in the pinning position in up and down condition as his buttocks will be resting upon your standing right thigh making left hand elbow stand.

Brief details (Nichor):— 1. Hanuman stance towards left upon the opponent. 2. Applying konde holding ankles. 3. Left hand reverse upon the waist. 4. Right leg surpassing under thigh. 5. Both hand simple grip. 6. Lifting up by clinging the chest of rolling to the left. 7. Taking right leg forward resting his body upon thigh. 8. Left hand elbow stand. 10. Facing to another side.

57. B. Counter (Tor):— 1. Turning Knees direction right. 2. Ragging right side facing right side. 3. Coming out by ragging. 4. Left hand stand.



Fig.: 462 (58A) Leg bend Konde (Pag Kunda)

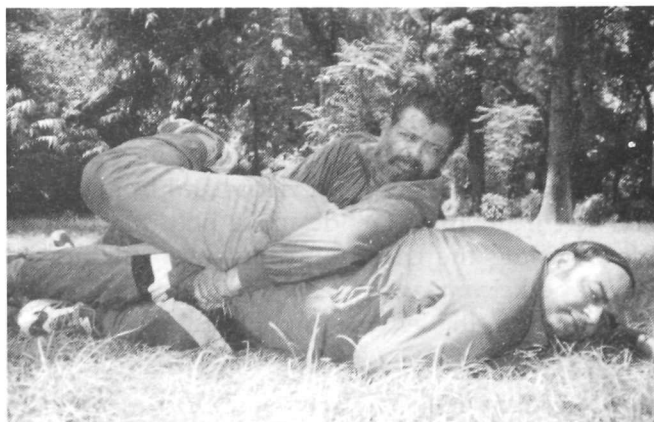


Fig.: 463 (57A) Waist grip Kunda (Kamar Kunda)

5. Sitting with the opponent. 6. Releasing from the hold.

58. A. Leg bend konde (Pag Konde):— It is also a promising pinned hold of free style wrestling from the sitting position. While sitting left upon the opponent taking reverse direction sitting in Hanuman stance stop his left knee from your left knee. Holding his both ankles from both hands make him flat tilting weight upon his waist from pushing and pulling action. Release his left leg and binding his right ankle in your right hand surpass your right hand under his thigh and make both hands grip reaching left hand reverse palm farside. Now lifting him up clinging the chest and hands grip power. Turn him towards left pinning him down and taking right leg forward resting his buttocks upon your right thigh. Facing left make elbow stand.

Brief details (Nichor):— 1. Hanuman stance upon the sitting rival. 2. Making flat from pulling ankles and pushing knee. 3. Surpassing right hand under thigh. 4. Left hand reverse upon the waist. 5. Both hands grip upon the waist. 6. Clinging chest with buttocks. 7. Lifting up rolling sideways. 8. Bearing weight upon right thigh. 9. Left elbow stand facing left.

58. B. Counter (Tor) Ragging (Rigasna):— 1. Surpassing the knees sideways. 2. Turning face towards right sitting upon buttock coming sideways. 3. Left hand stand. 4. Sitting with the opponent. 5. Releasing from the hold.

59. A. Waist grip leg jerk konde (Mori Kunde):— It is also a world famous hold of free style as well as Indian style wrestling to pin the opponent from kneeling position. While sitting left upon the kneeling position rival, take reverse

position sitting in the Hanuman stance stopping his joint from power standing knee. Afterwards holding his both legs ankles tilting waist upon his waist bending his legs make him flat. Now releasing his right leg, holding his flat leg ankle in your right hand circle surpassing your right hand from behind and left hand from farside make both hands grip. Now closing the chest with his chest lift him up with a jerk from hands force and turning the face throw him to the left in pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent in Human Stance. 2. Pulling ankles flattening the opponent. 3. Left hand closing reverse upon the waist. 4. Surpassing the right hand from the left bend leg. 5. Both hands grip. 6. Lifting up clinging the chest. 7. Turning left. 8. Stepping legs forward making bridge of thigh. 9. Tilting opponents weight upon thigh placing elbow sideways. 10. Turning left.

59. B. Counter (Tor) Ragging (Rigasna):— 1. Turning the knees direction to the left. 2. Facing right side kneeling position. 3. Turn out side ways ragging. 4. Left hand stand. 5. Sitting with the opponent.

60. A. Cross leg konde (pag Kunda):— It is one of the best hold of free style wrestling to pin the opponent which is applied in Olympics and world championship. While sitting left upon the opponent wrestler in Hanuman stance. Making him flat by pulling his ankles and bending the legs tilting left side weight upon his waist control him there. Taking the left leg down and right leg upon it surpass your right hand in this the legs taking it out towards right make both hands grip. Now his legs and waist will be tightened. Now closing up your chest with his waist lift him up and turning him towards left, pin him there making left elbow stand.

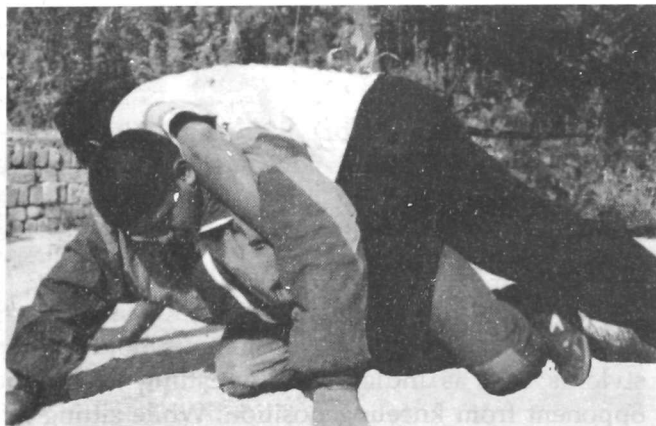


Fig.: 464 (60A) Cross Leg Konde (Pag Kunda)



Fig.: 465 (63A) Jack & Crossing leg konde (Jack Kunda)

Brief details (Nichor):— 1. Sitting upon the opponent in Hanuman stance. 2. Making flat by pulling ankles. 3. Sitting upon the left buttock bending the legs. 4. Binding the legs in hands grip. 5. Tilting left side weight upon his waist. 6. Both hands simple grip. 7. Lifting up closing the chest. 8. Twisting towards left. 9. And pinning him placing left elbow sideways. 10. Turning face towards left.

60. B. Counter (Tor) Ragging (Rigasna):— 1. Surpassing the knee towards left. 2. Ragging out sitting upon buttocks and knees. 3. Ragging out sideways. 4. Left hand stand and sitting with the opponent. 5. Turn out from the hold.

61. A. Opposite hand grip konde (Ulat Konde):— It is very simple and artful hold of Free Style wrestling to pin the opponent. While sitting upon the opponent wrestler in Hanuman stance landing the left knee surpass your left hand upon his neck hold his right shoulder from the palm. Now holding his right thigh from the right hand or holding the waist pull him towards the left with sharp jerk so that he may be pinned and keep him pulling upto the fall. After this press him putting your chest upon him and making himself flat.

Brief details (Nichor):— 1. Sitting upon the opponent in Hanuman stance. 2. Surpassing left hand upon the neck hold shoulder. 3. Placing right hand under the thigh. 4. Pulling from both hands. 5. Holding fall by flattening the opponent.

61. B. Counter (Tor) Ragging (Rigasna):— 1. Ragging the bent legs towards left. 2. Sitting upon buttock ragging knees. 3. Ragging sideways and hand stand. 4. Assuming the sitting position. 5. Releasing from the hold.

62. A. Rolling Konde (Palti Kondi):— It is a very simple Konde of free style wrestling to pin the opponent. While sitting reverse upon the opponent in Hanuman stance place your left hand upon his head and holding his buttocks from right hand roll him forward upon the head falling him in pinning position turning your face towards the left controlling him fall and make a stand of left leg.

Brief details (Nichor):— 1. Sitting left reverse position in Hanuman Stance upon the opponent. 2. Holding head from left hand. 3. Holding hips from right hand. 4. Pressing head and lifting up form back rolling the opponent. 5. Stepping over the right leg upon the chest. 6. Turning face stand of left hand holding fall.

62. B. Counter (Tor) Body over (Dhar):— 1. Making stand of head and shoulders. 2. Throwing body over the opponent. 3. Tilting weight upon him controlling fall.

63. A. Jack and crossing leg Konde (Panw Konde):— There is no match of this hold in pinning the opponent in which one is falled in twinkling of an eye. Sitting upon the opponent taking reverse direction sitting in Hanuman stance make him flat in Konde position holding his ankles and bending the legs reverse and tilting the weight of your left side upon his waist. Now lifting his left leg up apply your right knee under his thigh as a motor jack and surpassing it slowly and slowly upside lift the thigh as up as possible. Releasing right leg hold crossing his right leg from your right leg drive your body upon him crosswise on 45 degree angle hooking his left arm from your left hand so that he may fall and turn your face towards right.

Brief details (Nichor):— 1. Sitting upon the opponent left side in Hanuman stance. 2. Clinging

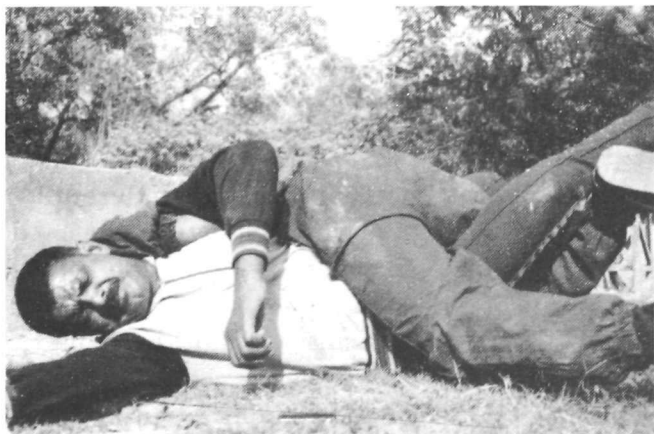


Fig.: 466 (63A) Jack and crossing leg Konde (Panw Konde)

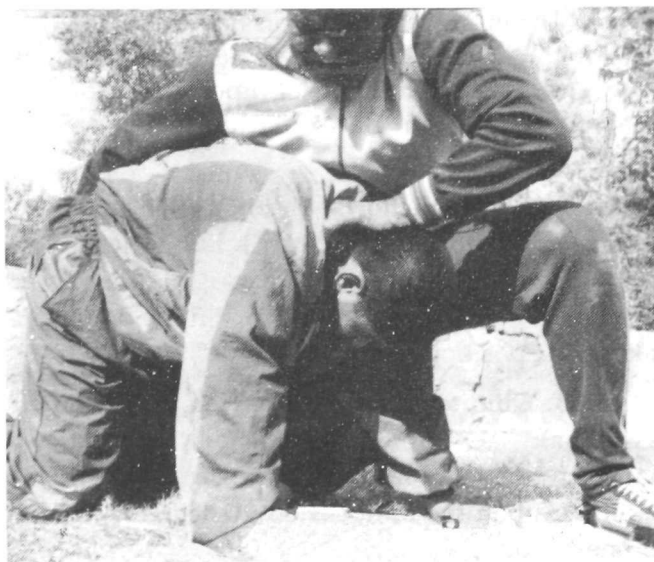


Fig.: 467 (62A) Rolling hold (palti Konde)

your knee with his knee. 3. Pulling both ankles. 4. Bending legs tilting weight upon his waist making flat. 5. Lifting left leg up putting arm right knee like jack. 6. Releasing he right leg. 7. Crosswise opponent right leg from jack leg dive crossing. 8. Hooking his left arm pinning the rival. 9. Turning the face other side.

63. B. Counter (Tor) Sitting position (Baithi Awastha):— 1. Diversion of the bent legs towards another side and turning the face. 2. Ragging the knees. 3. Turning out sideways. 4. Left hand stand. 5. Releasing himself from the hold.

64. A. Side rolling konde (Belni Kunda):— It is a simple hold of free style wrestling to pin the opponent. While standing sideways from the underneath wrestler holding his chin from the left hand grasp him left thigh from the right hand lifting him upward cross him right leg from your right leg dive crosswise and control him in pinning position.

Brief details (Nichor):— 1. Standing left to the opponent. 2. Holding chin from left and thigh from right hand. 3. Crossing right leg in his left and dive. 4. Pulling chin and cutting the leg. 5. Pressing fall looking right.

64. B. Counter (Tor) Opposite side (Ulti Karwat):— 1. Turning changing side. 2. Another side after ragging. 3. Protesting the hold.

65. A. Half Nelson Konde (Ankari Kunda):— It is very simple hold of free style wrestling to pin the opponent from sitting position. While sitting left upon the wrestler in Hanuman stance cross your

left hand from his armpit upon his neck. Now lift his left thigh up by holding his thigh from right hand and cross your right leg upon his right leg. Reach crossing in flat position pinning the opponent.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Left hand Nelson. 3. Lifting left thigh up holding from right hand. 4. Cross right leg from the right leg. 5. Dive crosswise. 6. Pin the opponent taking flat position.

65. B. Counter (Tor) Sitting position (Baithi Awastha):— 1. While lying Konde applying left hand switch. 2. Flattening the legs sideways. 3. Sitting upon the buttocks on 90 degree. 4. Stand of one hand.

66. A. Sitting leg cross konde (Chiptan Kunda):— It is promising hold to pin the lying wrestler. While in lying position bend the legs of the opponent applying konde and crossing the legs one upon the another and when he is shifting in kneeling position, sitting left in Hanuman stance holding the ankles, bending the legs, tilting weight upon the waist making both legs cross and putting own hands upon it and surpassing it under the hook make both hands wrestler grip. Now you can stand up. His legs cross will be in your hands and he will be teased bitterly. Now to pin him turn to left and making the balance stop him fall. He will be pinned easily. If he try to make bridge drag him towards you and pin him.

Brief details (Nichor):— 1. Hanuman stance towards the opponent. 2. Pulling the ankles flattening. 3. Tilting weight upon the waist, elbow



Fig.: 468 Sitting leg cross konde (Chiptan Kunda)



Fig.: 469 (67A) Leg split Konde (Kundli Konde)

upon the mat. 4. Ankles cross up down. 5. Hold of the cross from both hands. 6. Standing up after tiet grip. 7. Pinning down by left side roll.

66. B. Counter (Tor):— Ragging to another side with bent knees. 2. Surpass the knees outside left hand standing basing up on the buttocks. 3. Releasing out from the hold.

67. A. Leg split cross hand konde (Kundli Konde):— It is also a very rigid hold of free style wrestling in which the opponent in indulged bitterly when you are sitting left to the opponent in Hanuman stance pulling both the ankles from both hands pushing his knee back making him four flat upon the mat sit towards the left and tilting weight upon the waist place the elbow for side upon the mat. Now releasing the left leg and bending the right leg upon 90 degree putting it up on the left leg joint press it by placing the left bent leg. Now surpassing over right hand under his right leg cling it upon his left leg from which your will be able to control his both legs by one hand. Now making left hands stand towards the left side turn it towards the left side and if possible placing the right leg forward placing the opponent upon your thigh hold him in pinning position and keep looking left.

Brief details (Nichor):— 1. Sitting towards left in Hanuman stance. 2. Pushing the left knee from right. 3. Pulling both ankles. 4. Ankles upon buttocks tilting upon waist elbow on the mat. 5. Flattening the opponent 6. Releasing the left leg surpass the right leg in the joint. 7. Pressing the leg from left leg. 8. Surpassing the right hand under the legs placing up on the left leg. 9. Left leg stand. 10. Rolling by strength. 11. Holding fall by applying jack or right leg. 12. Turning left.

67. B. Counter Ragging (Rigasna):—

1. Ragging the knees sideways. 2. Sitting upon buttocks on 90 degree. 3. One hand's stand. 4. Releasing from the hold by straightening the legs.

68. A. Forward leg pick Konde (Fance Kunda):—

It is appreciable and promising hold of free style wrestling. When you are sitting left to the opponent in Hanuman stance, pulling both ankles from both hands. Pushing his knee back making him four flat upon the mat sit towards the left upon left buttock tilting side weight upon his waist placing the elbow far side upon the mat. Releasing the left leg cross his right leg in porch and tightening the other leg upon it encircle and hold his left leg from both hands so that he may not be able to roll another side. Now lifting the tied leg up roll him sideways to be left and hold him there is pinning position.

Brief details (Nichor):— 1. Hanuman stance towards left to the opponent. 2. Pushing knee from knee. 3. Bending legs by pulling ankles. 4. Flattening him by tilting weight upon the waist. 5. Sitting on the left buttock. 6. Releasing left leg. 7. Surpassing right leg through his porch. 8. Tightening the right leg by pressing the other leg. 9. Grip by both hands. 10. Rolling to the left and pin.

68. B. Counter (Tor) Ragging (Rigasna):—

1. Ragging the bent knees another side. 2. Releasing the knees outside. 3. Sitting upon the buttocks on 90 degree. 4. Left hand stand. 5. Releasing out from

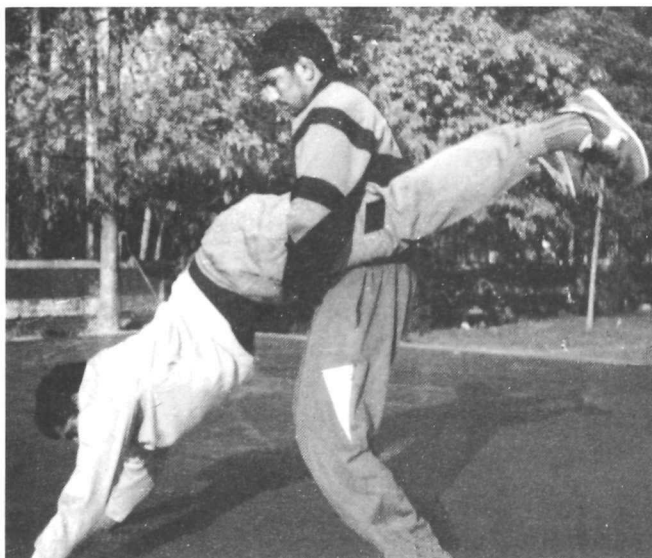


Fig.: 470 (69A) Lift and twist Konde (Marori (Kunda)



Fig.: 471 (65A) Half Nelson Konde (Hafta Konda)

the hold by Flattening the legs.

69. A. Lift and twist Konde (Marori Kunda):—

It is also a attractive hold of free style wrestling. When the opponent wrestler is lying four flat on the mat or flattening the sitting wrestler standing amid him legs hold his both legs lifting up equivalent your thighs, twist him towards the left and pinning him step over your right leg forside and upon him reverse on the buttocks turning to the left.

Brief details (Nichor):— 1. Flattening the opponent. 2. Standing amid his legs lifting legs up. 3. Rolling him to the left. 4. Sitting upon him on buttocks in reverse direction. 5. Bending the legs down hold him pinning. 6. Flattening own legs.

69. B. Counter (Tor) Leg crush (Ukher):—

1. Flatten placing the hands. 2. Pulling ankle from one hand. 3. Pinning the opponent backside.

70. A. Opposite grip lift and twist Konde (Raga Kunda):—

It is like the same hold like the above except the reverse grip of hands. When the opponent is lying four flat as if sitting make him flat and standing between his legs hold his both legs and left upto your thighs. Now change both hands grips in reverse position and twisting him to the left making him fall sit upon him on the buttocks and keep his legs bending down.

Brief details (Nichor):— 1. Standing amid the opponent legs. 2. Lifting both legs from both hands. 3. Making reverse grip of both hands. 4. Pinning him by twisting left. 5. Sitting on buttocks upon

him, reverse direction. 6. Holding fall by bending the legs.

70. B. Counter (Tor) Leg crush (Jhatka):—
1. Flattening himself upon the hands. 2. Walking forward upon the hands. 3. Releasing legs by forward jerk. 4. Standing front in bending position.

71. A. Pressure Konde (Vajani Kunda):— It is free style hold to pin the bridge maker. When the opponent is making the bridge and not bending fall should amid his legs and holding his legs lift him up dragging him towards yourself to pin him or press his both thighs to break his bridge or lying flat upon him push his heels back from your legs one by one Push his head forward to slip from one or both hand and he will be pinned.

Brief details (Nichor):— 1. Standing amid the legs of the opponent. 2. Holding the thighs from both hands. 3. Breaking the bridge by pulling legs or pressing the thighs. 4. Holding pin. 5. Movement of legs.

71. B. Counter (Tor) Scissor (Kainchi):—
1. Opponent amid the legs. 2. Placing own legs up and down both sides. 3. Rolling himself flat by jerk. 4. Pinning the opponent from fast movement.

72. A. Body cross Konde (Arpar Konde):— It is also a very promising hold of free style wrestling to pin the opponent. While sitting left to the opponent in Hanuman stance, pulling both ankles



Fig.: 472 (71A) Presseve Konde (Vajni Konde)



Fig.: 473 (70A) Opposite grip lift and twist Konde (Ragga Kunda)

from both the hands, pulling his knee back from the knee making him four flat upon the mat sit towards the left and tilting weight upon his waist placed the left hand for side on the mat. Now placing his left leg down and right leg up upon the buttocks make both legs cross and make hold this cross in both hands so that surpassing right leg from the legs under his right thigh and left hand palm facing the sky upon the waist make hands grip. Lifting a bit up turning to the left pin him with full force making left hand stand and right leg jack placing the opponent upon it.

Brief details (Nichor):— 1. Sitting left to the opponent in Hanuman stance. 2. Pushing knees back. 3. Bending legs from pulling ankles. 4. Tilting sideways weight upon waist and elbow upon the mat. 5. Sitting upon the left buttock. 6. Right leg down left leg up cross of legs. 7. Both hands tied grip upon cross. 8. Another hand reverse upon the waist. 9. Rolling left. 10. Left hand stand and right leg jack.

72. B. Counter (Tor) Ragging (Rigasna):—
1. Changing direction of knees to another side. 2. Left hand stand. 3. Ragging side ways sitting upon the buttocks on 90 degree. 4. Releasing the grip by jerk.

73. A. Flat Konde (Lamlet Kunda):— A heavier than heavier wrestler can be made flat from this konde which you are sitting left towards the sitting opponent to apply to same hold pull his back from both hands towards left sideways and grapine your

left leg into the opponents left leg and surpassing your body crosswise placed your belly and chest open his back making right leg stand back side. Now placing your left hand palm under his right thigh pull his right ankle from your right hand while slipping his thigh back make him four flat upon the mat. He will be not able to move from this position. Now you can apply any hold after this controlled position.

Brief details (Nichor):— 1. Sideways standing to the opponent. 2. Pulling waist to left leg stretched. 3. Right leg stand backside. 4. Cross wise tilting weight upon the waist. 5. Bending right leg ankle from right hand. 6. Pushing right thigh from left hand. 7. Flattening the wrestler. 8. Right leg back hand.

73. B. Counter (Tor) Sitting position (Baithi Awastha):— 1. Ragging the bent knees sideways. 2. Sitting upon the buttocks 90 degree left hand stand. 3. Releasing hold from jerk and assuming sitting position.

74. A. Cross drive Konde (Jhonk Konde):—It is a promising hold of free style wrestling to pin the opponent by shaking him in the sitting position. Sitting left to the opponent turning to right hold him left leg push from right hand and hooking his left arm from your left hand lift him up. Now he will stand upon right leg only, cutting right leg from your right fall him forward and control.

Brief details (Nichor):— 1. Left to the sitting wrestler. 2. Hold right leg porch and hooking left arm. 3. Hitting opponent leg from right leg.



Fig.: 474 (62A) Head rolling konde (Dhenkli Kunda)



Fig.: 475 Flat Konde (Lamlet Kunda)

4. Pulling the hooked arm. 5. Turning right. 6. Pinning there.

75. A. Sitting Position (Patak Kunda):— It is also an appreciable hold of free style wrestling to pin the opponent in sitting position. When the opponent is sitting to your right. All of a sudden turn yourself reverse and circling your hand over his waist from your left hand hold his left leg from the porch and standing up and controlling the opponent like the above hold cut his right leg by hitting it from your right leg and as afterwards hooking his left arm pull his arm, as a result of that he will fall in your front.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. In circle the waist in reverse position. 3. Lifting right ankle or porch. 4. Cutting right leg from right. 5. Hook his left arms from left hand. 6. Control him pin by turning the face to right.

75. B. Counter (Tor) Turning hold (Chakri):— 1. Standing up from Kneeling position. 2. Encircle the hand upon the waist. 3. Ragging the knees sideways. 4. Sitting upon the 90 degree on buttocks. 5. Ragging sudden roll holding the waist.

76. A. Crossing leg lift Konde (Kundi Kunda):— It is a very important hold of free style wrestling in which one is pinned after indulging in it. It is very easy to learn and simple to apply. When the another wrestler is sitting or lying four flat in your custody take any standing position to his left side. Now lift his left leg take it upon your thigh and lifting the another leg also from both hands roll the opponent towards the left and turning to left pin him at the same time.

Brief details (Nichor):— 1. Sitting left upon the flat wrestler. 2. Lifting the right thigh and placing

upon right thigh. 3. Lifting the right thigh and twisting forward left. 4. Touching the shoulders controlling fall.

76. B. Counter (Tor) Turning hold (Marori):— 1. Taking reverse direction, rolling. 2. Reverse twist of legs during roll. 3. Releasing from hold assuming flat position.

77. A. Head rolling konde (Dhenkli Kunda):— It is also a useful hold of free style wrestling. When the opponent wrestler sitting under you in kneeling position, assuming the reverse direction sit side ways to his left in Hanuman stance and make him flat pulling his ankles as in konde. Tilting weight of your left side upon his waist place your elbow to the another side. Now finding some opportunity throw him forward upon the head forcibly and control the face accordingly.

Brief details (Nichor):— 1. Hanuman stance in reverse direction. 2. Holding both ankles. 3. Tilting sideways weight upon his waist. 4. Throw him forward rolling upon the head. 5. Controlling the fall.

77. B. Counter (Tor) Body throw (Dhar Marna):— 1. Making the head stand. 2. Step over basing the head ad tilting body weight upon the opponent. 3. Lifting head pressing him by weight.

78. A. High lift konde (Asman Kunda):— It is a promising International hold of free style wrestling from which a wrestler is lifted up and pinned down in a eye glimpse standing sideways



Fig.: 476 (78 A) High lift konde (Asman Kunde)



Fig.: 477 (77A) Head rolling konde (Dhenkli Kunda)

to the left of the opponent assuming reverse direction placing left leg beside his left leg hold his waist from both hands by wrestlers grip closing your chest with his waist. Crying like a weight lifter lift him up with a jerk making your body arc looking upon in the sky and dropping him down all in reverse position rolling upon his head in the air and sitting down upon the buttocks shooting the legs forward. Now turning the face reverse step over the right leg upon him control the fall.

Brief details (Nichor):— 1. Holding the opponent from behind. 2. Releasing hold moving in reverse direction. 3. Holding the waist in reverse direction. 4. Closing the chest. 5. Lifting the opponent reverse legs up head down. 6. Throwing down rolling upon head. 7. Landing upon buttocks shooting legs forward. 8. Turning face and leg stepover upon pinned wrestler.

78. B. Counter (Tor) Monkey climb:— 1. While lifting in high lift Konde by the opponent. 2. Holding his thigh and instep. 3. Holding a bit upward. 4. Climbing up like monkey. 5. Releasing from waist jerk. 6. Standing face to face.

79. A. Simple arm hook (Bandh):— It is very important hold of free style as well as Greco-Roman style wrestling to control and flatten the opponent. At first the opponent is tied and then after applying other locks the wrestler is pinned accordingly. For application of same sitting left to the opponent encircle his waist from the left hand and hooking his right arm from your right hand make a tight arm lock fixing the fist upon his back. Now

pumping weight upon his waist pull his left hand back holding his elbow joint and pushing him forward from chest jerk make him flatten. While in free style wrestling you can flatten him by surpassing left hand under his left thigh and pushing him forward from chest jerk.

Brief details (Nichor):— 1. While in sitting position. 2. Holding opponent waist from left hand. 3. Hooking left arm. 4. Lifting chest, head lift his arm. 5. Fixing the fist upon the back. 6. Pumping chest weight upon the fist. 7. Flattening the opponent from pulling elbow or thigh.

79. B. Counter (Tor) Switch swing (Roomi Gadhalet):— 1. Clinging the right hand under chest by tightening the elbow. 2. Lifting the head up. 3. Applying left hand switch. 4. Rolling while sitting upon the buttocks. 5. Turning face controlling fall.

80. A. Neck hook (Gardan Bandh):— It is a very fine hold of free style as well as Greco-Roman wrestling to pin the opponent. While sitting upon the opponent encircle his waist from your left hand and sit towards his right side Now hooking his right arm from your right hand raising your head and chest up fix your right fist upon his centre of back by making a tight arm lock. Placing the chest upon the back pull his elbow or thigh towards backside pushing him forward by means of forward jerk so that he may be flattened. After this reaching across him make him flat upon one side left. Placing the right knee beside his right ear reach face to face



Fig.: 478 (80A) Neck hook (Gardan Bandh)



Fig.: 479 (79A) Simple arm hook (Bandh)

in indulging position. Now by means of pressing his right arm down pin him tilting chest weight upon him and flattening the legs to your back in front of the opponent.

Brief details (Nichor):— 1. Sitting upon the opponent towards right side. Holding the waist. 2. Lifting the right arm from right hand hook. 3. Straightening the waist lifting hand from jerk. 4. Fixing the fist upon back 90 degree. 5. Pumping weight of chest upon the fist and flattening by pulling elbow. 6. Flattening the legs backward. 7. Turning across left appearing face to face placing left knee beside his left ear. 8. Pressing right hand down pinning the opponent tilting chest weight and flattening the legs back.

80 .B. Counter (Tor) Switch swing (Roomie Gadhalet):— Cling the right fore arm with chest by tightening the elbow. 2. Lifting the head and chest up. 3. Applying left hand switch. 4. Rolling while sitting upon the buttocks. 5. Turning the face during roll and pin.

81. A. Nelson Lock (Hafta Bandh):— It is also a patent Greco-Roman hold to pin the opponent from sitting position. While sitting towards right upon the opponent wrestler in Hanuman stance encircle his waist from your left hand. Now hooking his right arm from your right hand raising your head and trunk up fingers of your right fist on his back on 90 degree pump your body weight upon the fist making a tight arm lock. Now pull his elbow

from the left hand and pushing him forward from chest pressure make him flat surpassing your left hand as a Nelson upon his left side neck reach across his body and pressing him from your hand Nelson pin him sideways in your front from body pressure shooting the legs backside.

Brief details (Nichor):— 1. Sitting upon the opponent towards right gripping waist in Hanuman stance. 2. Hooking his right arm from left hand. 3. Making flat by hitting elbow joint. 4. Left hands Nelson. 5. Reaching across the opponent. 6. Pumping pressure and weight from Kneeling position. 7. Pinning sideways by shooting the legs back.

81. B. Counter (Tor) Switch swing (Roomi Gadhalet):— 1. Closing the right hand under chest. 2. Tightening elbow. 3. Lifting head and trunk up. 4. Application of left hand slip. 5. Rolling while sitting upon the buttocks. 6. Controlling full by turning the face.

82. A. Step lock (Kadam band):— It is also a promising hold of free style wrestling to pin the opponent. While sitting towards right upon the opponent in Hanuman stance holding the waist from left hand. Lift your trunk and head upward hooking his right arm in your left hand and fix your fist upon his back by tightening him arm and press it from your chest. Now make him flat by pulling his left hand elbow and pushing him forward. After this reaching across his body coming front coming front taking his head in between your knees press his body from your left hand surpassed in his



Fig.: 480 (82A) Step lock (Kadam band)



Fig.: 481 (81A) Nelson Lock (Hafta Band)

armpit and fall him there accordingly. Now press him from your chest shooting your legs back.

Brief details (Nichor):— 1. Holding waist of opponent in Hanuman Stance. 2. Lifting arm from hook. 3. Lifting hand from waist jerk. 4. Fixing standing fist upon the back. 5. Pressure of chest upon the back. 6. Pulling left hand or leg making flat and bending hand. 7. Pushing head from knee. 8. Shooting legs back pressing. 9. Shooting legs back pressing from the chest.

82. B. Switch Swing (Roomi Gadhalet):— 1. Tightening the right elbow clinging with the chest. 2. Raising head up. 3. Surpassing right knee to the left side. 4. Left hand switch. 5. Rolling upon the buttocks. 6. Turning face rolling fall.

83. A. Wrist hook (Kalai band):— It is promising hold of free style as well as Greco-Roman wrestling to pin the opponent. While sitting towards right upon the opponent in Hanuman stance holding the waist from the left hand. Lift your trunk and head upward hooking his right arm in your left hand and fix your fist upon his back by tightening his arm and press it from your chest. Now making him flat by pulling his elbow or thigh back. After words pulling his short arm lock now he will be



Fig.: 482 (83A) *Switch Swing (Roomi Gadhalet)*

lying upon one side. Making own hand long and pressing his another hand down pushing him forward from chest rolling him fall and shooting the legs backward pushing down him by chest in him.

Brief details (Nichor):— 1. Sitting right upon the opponent holding waist. 2. Hanuman stance and hooking the arm. 3. Pushing and pulling elbow flattening the opponent. 4. Pulling the short arm lock. 5. Pushing by chest and from kneeling position pin him by roll. 6. Controlling full from tilting weight.

83. B. Counter (Tor) Switch Swing (Roomi Gadhalet):—1. Clinging the left elbow from the chest. 2. Raising head up. 3. Right knee towards left side. 4. Left hand switch. 5. Rolling upon the buttocks. 6. Controlling full by turning the face.

84. A. Wheel and hook (Charkhi bandh):— It is a fine hold a free style wrestling to pin the sitting wrestler. While sitting right upon the opponent hook your right leg into his right leg riding upon him shooting your left leg backside upon the paw hooking his right arm from right hand make him flat by holding his flat leg from your left hand and press the neck from left hand. Now releasing the hooking leg out reaching towards his neck surpass your right leg into his right armpit upon the neck and pressing his hand from the indulged leg pin him sideways by means of rolling.

Brief details (Nichor):— 1. Hooking right leg and riding. 2. Hooking his right arm. 3. Left leg stand. 4. Fixing the fist upon the back. 5. Holding and flattening left leg. 6. Pressing neck from left hand. 7. Releasing the riding leg. 8. Crossing right leg

from the right armpit. 9. Pressing the hand pinning the opponent. 10. Tilting waist upon to pinned wrestler.

84. B. Counter (Tor) Switch swing (Roomi Gadhalet):— 1. Closing the right elbow from waist and chest. 2. Raising the head upward. 3. Surpassing the left Knee towards left. 4. Left hand switch. 5. Rolling the opponent sitting upon the buttocks. 6. Holding fall after turning face.

85 A. Riding lock (Ghursawar band):— It is the most promising hold of free style wrestling. While holding the opponent from the right side in underneath position sitting in Hanuman stance hooking his right hand by your right hand pull up turning left and fix your fist upon his back. Now lifting your left leg step over him and sit upon him like a horse rider. Now surpass your body forward beside his right armpit and surpass your left leg in front holding his head from right hand. Afterwards shooting your right leg forward with the left leg sitting down across the opponents body controlling his right hand tightening the opponent pull his head with both hands to pin the opponent. He will be pinned under your control.

Brief details (Nichor):— 1. Sitting right upon the opponent in Hanuman stance. 2. Hooking his right hand. 3. Tighten his hand fixing fist upon his back. 4. Step over leg upon him. 5. Horse riding position. 6. Holding head. 7. Shooting another leg forward. 8. Pulling head from both hands landing upon buttocks. 8. Pulling head from both sides and pinning.

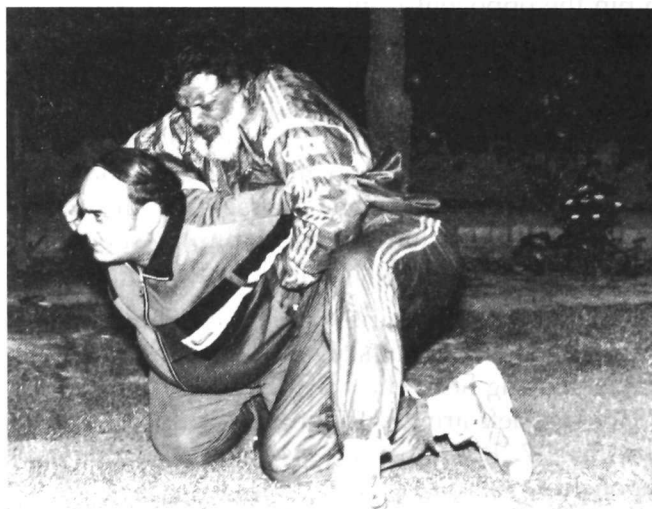


Fig.: 483 (87A) *Double hand hook (Duhattha Chakkarband)*

85. B. Counter (Tor) Switch swing:—

1. Tightening the right elbow clinging with the chest. 2. Raising the head up. 3. Kneeling position, closing the right knee. 4. Left hand switch. 5. Rolling him upward landing the buttocks. 6. Turning face pinning him towards right.

86. A. Double riding hook (Dohraghurswar band):—

It is very fine hold of Greco-Roman wrestling to pin the opponent in sitting position. When you are sitting right upon the opponent wrestler holding his waist from left hand hooking his right arm and fixing your fist on his centre back, hook his left hand also. Now make him four flat pressing your body weight upon him. Afterwards hold his left arm also from your right hand surpassing it ahead. Reach another side across his body. Now make him lie upon on left side and pressing your right hand pin him by means of rolling pumping your body weight upon him.

Brief details (Nichor):— 1. Sitting upon the opponent towards right. 2. Hooking the right arm. 3. Making flat from pulling the elbow. 4. Holding wrist from left hand carrying the hand upon the back. 5. Rolling the opponent sitting upon the buttocks. 6. Pinning the opponent, turning the face.

86. B. Counter (Tor) Switch swing (Roomi Gadhalet):—

1. Closing the right elbow with chest and waist. 2. Raising the head upward. 3. Surpassing the left knee towards left. 4. Left hand switch. 5. Rolling the opponent sitting upon the buttocks. 6. Holding full turning face.

87. A. Double hand hook (Duhattha Chakkarband):—

It is also a fine and art full hold to pin the opponent from sitting position. Which is used in Greco-Roman wrestling while sitting upon the opponent to the right in Hanuman stance holding his waist from left hand, hook his right arm and raising chest. Head up fix your fist upon his back put your chest upon his back and hook his left arm from the left hand pressing by the chest. Now rolling upon him sideways pin his shoulders down hooking his both arm lie four flat.

Brief details (Nichor):— 1. Sitting right upon the opponent. 2. Hanuman stance. 3. Hooking his right arm. 4. Raising head chest fixing the fist upon back. 5. Hooking left arm. 6. Putting chest upon the bar own fists. 7. Rolling sideways flat. 8. Pinning the opponent.

87. B. Counter (Tor) Switch swing (Roomi Gadhalet):—

1. Closing the right elbow with chest.

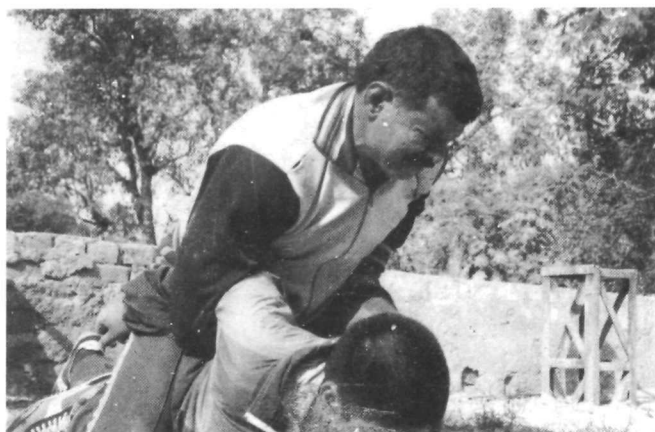


Fig.: 484 (86A) Double riding hook (Dohraghurswar band)

2. Raising the head upward. 3. Surpassing the left knee towards left. 4. Left hand switch. 5. Rolling the opponent sitting upon the buttocks. 6. Holding pin turning the face.

88. A. Cart wheel (Ghoom Chakkar):— It is very artful and promising hold of free style wrestling to pin the opponent from face to face. While in face to face standing position pulling his head encircle your right hand over his neck and lifting the left hand surpass neck over the armpit. Placing your right leg in between his legs and left leg sideways. Kneeling the right leg and pulling his head down supporting is right leg from left hand lift him up and roll the opponent with your body towards back like a cycle wheel and rolling up control him in pinning position.

Brief details (Nichor):— 1. Face to face right stance. 2. Bowing the neck down holding in hand. 3. Lifting left arm surpassing head in armpit.



Fig.: 485 (88A) Cart wheel (Ghoom Chakkar)

4. Stepping inside owing his head and raising own. 5. Kneeling right knee. 6. Holding right leg from left hand rolling reverse. 7. Turning face pinning towards right. 8. Becoming flat pressing fall from chest and hands.

88. B. Counter (Tor) Twist hold (Mos):—

1. Encircle opponents head in right armpit. 2. Entering own head in his armpit. 3. Left leg in between legs. 4. Twisting from hands turning face towards right. 5. Pinning sideways. 6. Holding fall in flat position.

89. A. Sarotha and cart wheel (Janeu Ghoom Chakhar):—

This second type of cart wheel in some thing like the above. In face to faced standing position pulling the opponents neck down encircle his neck from your right hand and throwing his right hand up from the left hand surpass your neck from his armpit. Placing the right leg in between his leg shooting the left leg sideways lifting his right thigh upward landing on the right buttocks throw him upward to your backside and go with him like a wheel. Pin him thee after roll by flattening the legs.

Brief details (Nichor):— 1. Face to face right stance. 2. Bowing the head encircle it by hand. 3. Own head in his armpit. 4. Pressing the head ad

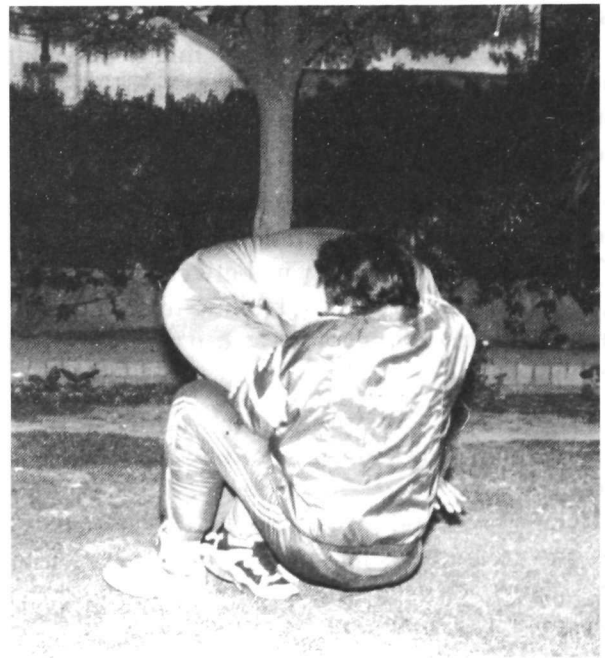


Fig.: 487 (89A) Sarotha and cart wheel
(Janeu Ghoomm Chakhar)

lifting own head. 5. Right leg in between legs. 6. Shooting left leg outside. 7. Sitting upon the buttock holding right thigh. 8. Turning face towards right throwing him back in the air. 9. Pinning right side. 10. Pressing fall after roll.

89. B. Counter (Tor) Twisting hold (Mos):—

1. Holding neck in right armpit. 2. Surpassing head in opponents armpit surpass own hand open back. 3. Placing right leg in between his legs. 4. Pressing by the hands turning face right side pinning down. 5. Holding fall by flattening.

90. A. Leg pick and cart wheel (Tangri Ghoom Chakkar):—

This third type of hold is very fine to pin the opponent from face to face position in free style wrestling. While fighting face to face let the opponent hold your right leg from both hands. Thus closing your leg in between his legs and holding his neck in your armpit. Holding his right thigh from your left hand from front side shoot your left leg sideways. In this continuation landing upon the right knee downing him from your right hand lift his right thigh and roll quickly in the reverse position like a cart wheel so that he may come down and you may come upon him. Press him fall by flattening own legs.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right leg surpass between legs. 3. Bowing head holding in right armpit. 4. Surpassing own head in his armpit. 5. Bowing



Fig.: 486 (90A) Leg pick & cartwheel (Tangri Ghoom Chakkar)

his head raising own. 6. Shoot own leg outside. 7. Placing left ward upon right thigh. 8. Making opponent round throwing back landing upon buttock. 9. Pinning towards right. 10. Pressing fall after roll, flattening position.

90. B. Counter (Tor) under arm sweep (Doob):— 1. Face to face holding each other neck. 2. Right stance, right leg in between. 3. Holding right hand. 4. Raising chest looking up. 5. Releasing drive holding stepping forward. 6. Holding waist reaching back.

91. A. Neck arm press (Sir Maror):— It is a general and very simple hold of Greco-Roman wrestling from which the opponent is pulled down by force. When both of you are fighting face to face and the other wrestler is bowing forward much more and avoiding the holds. Placing your right hand upon his neck hold his left arm from left hand and forcibly from jerk fall him down with the sharp jerks and control him accordingly.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding head from the right hand, holding right arm. 3. Falling the opponent forward from both hands jerk and control.

91. B. Counter (Tor) Head out (Nikal):— 1. Opponents hold head and arm. 2. Bowing head down stepping in opponents left side with jerk. 3. Releasing from hold coming face to face.

92. A. Leg pick and cart wheel (Tangri ghoom chakkar):— It is also a International hold of Free-Style Wrestling to pin the opponent rolling from face to face position. Holding opponents neck in your right hand circle. Now bending downward with the opponent holding his left thigh from left hand reverse in front. Bending right knee and shooting left leg forward sitting upon the buttocks rolling the opponent above your body pushing his thigh taking a reverse roll himself fall the opponent behind him and controlling the opponent as a result of reverse roll hold him there.

International escapes from standing and sitting position and the counters, conditioning exercises for application or holds.

Peeling hands, sitting sit outs, standing and sitting switches, step overs, side turns, wrist grip and turns, standing turn out, Head lever roll, free hold etc. International holds and counters given in the book.

In this chapter peeling hands, standing or sitting sit outs, sitting switch, Hand grapine step over, pivot head roll, Leg sporting switch etc. the free style wrestling holds and the counters are mentioned in which Peeling hands, sit outs, wrist grips etc. holds are for Greco-Roman wrestling use moreover counters with it are given which are essential for all the senior wrestlers take downs, dropping direct fall, Pinning wrestling holds and escapes from underneath position, these holds should be learnt to the understanding which are of International standard from which the wrestler can not keep himself down but after teaching the method of turn out, escaping method becomes very



Fig.: 488 Turn out from under Health position the exercise to stand up

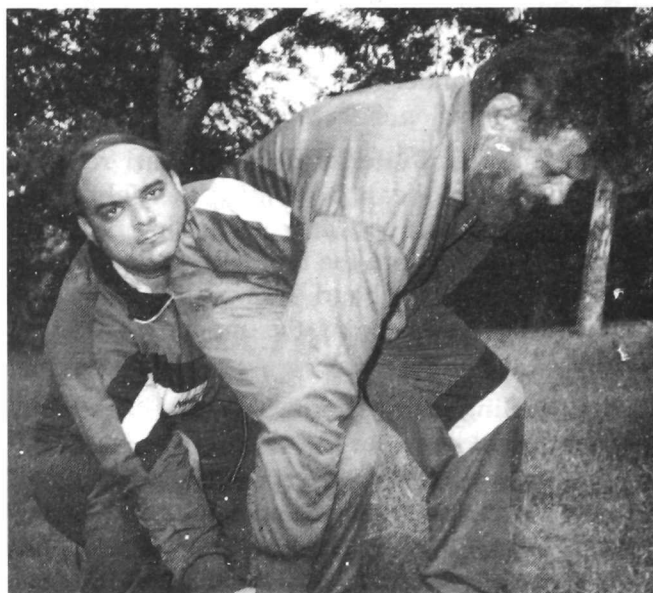


Fig.: 489 Peeling hands & turn out

easy Peeling hands from downward or upward position is a best and powerful hold which should be practised by juniors and seniors all. In this hold we have to make Hanuman stance which practice is essential whereas in standing or sitting sit out requires rolling upon head after making bridge without hands support and for sitting grip pivot head roll practice is required one can appears face to face after applying this hold. For side turn bridge making practice and for application of switch sitting upon buttocks on go degree sideways from the kneeling position, practice is essential. Without these conditioning exercises no body can apply these hold even the apply the hold will be in complete.

1. A. Peeling hands (Hath Cheerna):— The wrestler who have power in his wrist is able to separate the hands of the opponent so easily ass his hands did not meet. When the opponent has siezed your wrist in both hands grip. Whereas the left paw

down and right paw upon it. Bending formed hold his left paw or your left hand right paw in your right hand or hold wrist.

Now pushing the left hand down twisting and rubbing the left thigh and right hand likewise and stop the both hands with the knees. Turning to reverse direction taking one step back surpassing your body under his hands come face to face.

Brief details (Nichor):— 1. Opponent holding wrist in standing position. 2. Holding left wrist from the left hand right from the right hand. 3. Separating both hands. 4. Pushing left hand down ward rubbing the left thigh. 5. Pushing the right hand rubbing the right thigh. 6. Turning the body and surpassing under his hands. 7. Taking one step back reverse position. 8. Face to face.

1. B. Counter Buttocks drive (Takari rela):—

1. Holding the left hook. 2. Holding the right hook tackling the right down ward. 3. Kneeling position, placing the head before the buttocks. 4. Pulling the ankles pushing by head forward falling the opponent down. 5. Holding the opponents wrist in downward position.

2. A. Peeling hands (Hath cheerna):— When the opponent is holding your right hand from back side under the buttocks and your position is becoming unbalanced in this situation. Raising your trunk upward shouting the legs forward pumping weight upon his legs separate the fingers in your left hand stopping forward and pushing your hands downwards upon the thigh alternately twisting and rubbing. Now taking left step forward separate both hands by pushing back and taking reverse position appear face to face.

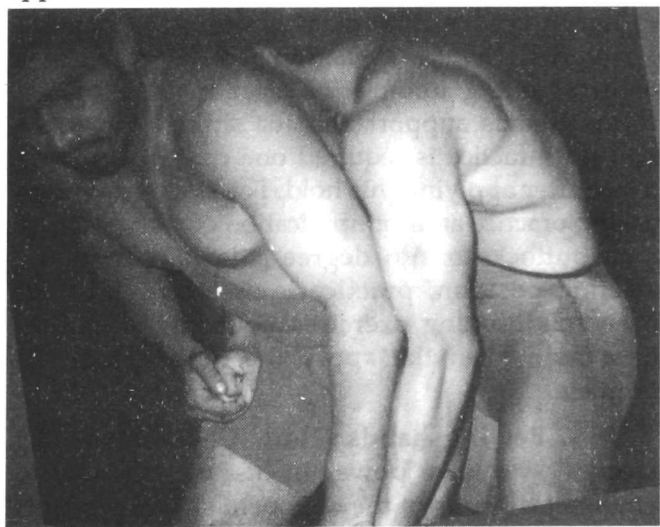


Fig.: 490 (2A) Peeling hands (Hath Cheerna)

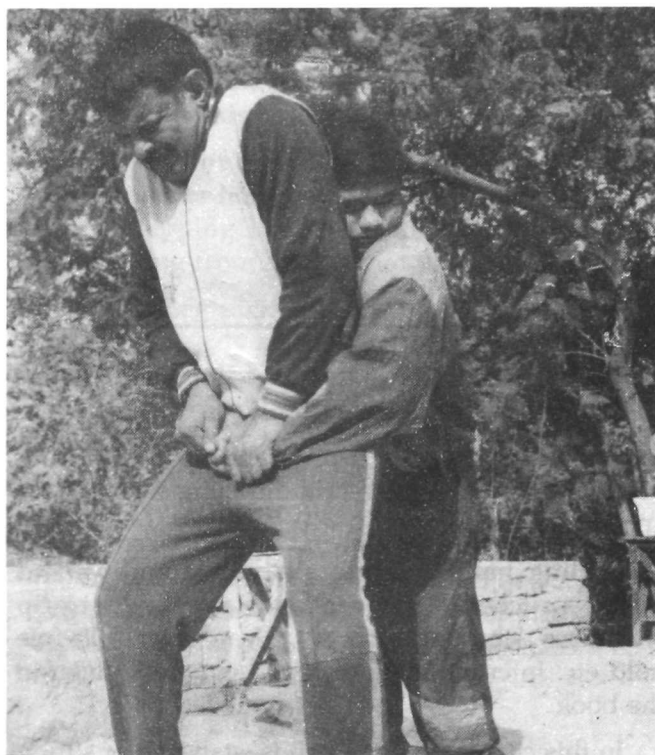


Fig.: 491 (1A) Peeling hands (Hath cheerna)

Brief details (Nichor):— 1. Right hand holding by the opponent under the buttocks from behind. 2. Raising supporting upward sitting twisting legs forward. 3. Separating the fingers from the left hand. 4. Holding left paw from left right paw from right hand. 5. Twisting and rubbing down. 6. Stepping forward pushing hand back turning body and taking reverse position. 7. Appearing face to face.

2. B. Counter (Tor) Cross crotch (Bakra Pachhar):—

1. Pulling right hand under the buttocks. 2. Standing left behind the opponent. 3. Clinging the chest with his body. 4. Holding the right thigh from upward lifting up raising the trunk. 5. Dropping sideways, turning the body controlling in fall position, placing your knees upon the mat.

3. A. Peeling hands (Hath Cheerna):— It is also a promising hold of free style as well as Greco-Roman Wrestling to turn out from the control of the opponent in standing position. While sized by a opponent from behind in standing position in wrist grip holding his left wrist from the left hand and hold the edges of his right hand fingers and separate his hands. Now twisting his left wrist and right paw push down the both hands rubbing his thighs and stopping the hand alternately beside the knees, surpass your body bending down under his

hand turning left taking one step back. In this continuation appear in face to face standing position.

Brief details (Nichor):— 1. Waist holding by opponent in wrist grip. 2. Holding left wrist from left hand. 3. Right paw from right hand. 4. Bending sideways pushing left hand down rubbing thigh. 5. Likewise pushing right hand. 6. Surpassing body and taking step back appear face to face.

3. B. Counter (Tor) Hips drive (Rela):— 1. Surpassing both hands down. 2. Holding both ankles from own hands alternately. 3. Kneeling position. 4. Placing head before his buttocks. 5. Pulling the ankles pushing from the head. 6. Dropping the opponent forward and controlling him from behind.

4. A. Peeling hands (Hath Cheerna):— It is also a fine hold of free style wrestling to peel the opponents hands when the opponent sometimes hold your waist from left hand and grasping your right leg hook from the right hand from behind. Now hold his left hand fingers edges from your left hand and hold his fingers ends from your right hand as hock grip bending downward. Separating the hands alternately pushing the left hand down twisting it and rubbing it from the left thigh and taking step forward pushing the hands back forcibly taking turn appear in face to face position.

Brief details (Nichor):— 1. Holding waist and right hook by the opponent. 2. Holding left hand fingers from own left hand. 3. Grasping right hand fingers from own right hand bending down. 4. Pushing left hand downward twisting and rubbing with the thigh. 5. Separating both hands.



Fig.: 492 (5A) Peeling hands in waist & ankle grip in sitting position (Hath Cheerna)

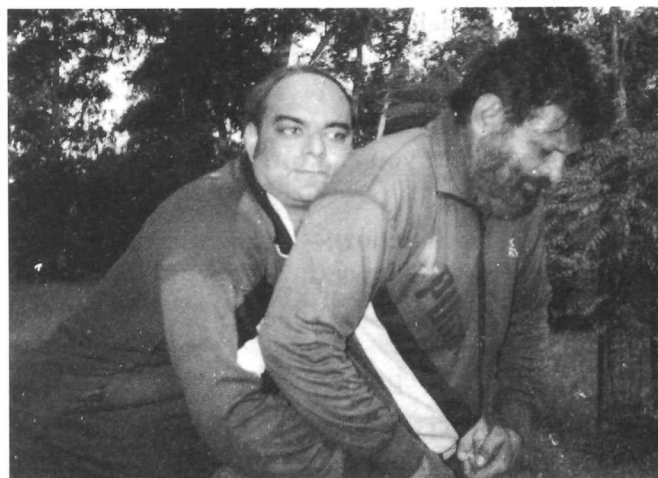


Fig.: 493 (4A) Peeling hands (Hath Cheerna)

6. Pushing both hands back forcibly stepping forward. 7. Turning and appearing face to face.

4. B. Counter (Tor) Opposite drive (Chanti Rela):— 1. Holding waist from left hand from behind. 2. Right hook from right hand. 3. Lifting right leg up hitting the left leg from own left leg. 4. Pushing forward falling down. 5. Controlling waist the kneeling position.

5. A. Fingers Grip Peeling hands (Hath Cheerna):— Whenever you have been controlled by the opponent from behind holding your waist from left hand and grasping right ankle from the right hand topped his hands grasp his left hand fingers from your left hand and right hand fingers from the right hand and taking left step forward raise your left leg and then lifting weight upon the right leg alternately stand up. Now pushing the hands back take one or two steps forward and taking turn appear in face to face standing position.

Brief details (Nichor):— 1. Holding waist and took by the opponent. 2. Releasing left paw from left hand and right from right. 3. Left step forward. 4. Raising right step. 5. Stepping forward. 6. Pushing hands back. 7. Turning reverse and face to face position.

5. B. Counter (Tor) Hand bar (Patti):— 1. Both wrestler up and down in Hanuman stance. 2. Holding right hook from the right hand. 3. Holding upper arm applying cross face bar. 4. Applying cross face bar from sharp push pinning the opponent sideways.

6. A. Peeling hands:— It is a method of avoiding to meet both hands together of the arrival. When the opponent is standing behind yourself and trying to grasp your waist line clinging both your

hand elbows in belly stand bending forward and block his hand, blocking his hand paws with both hands so that he may not be able to joint or meet his hands grip together. He will be bored to join the hand paws and you can turn out from his hold any time.

Brief details (Nichor):— 1. Bending forward placing both hand elbows in belly. 2. Blocking his hands meet by paws. 3. Putting left paw upon his left and right upon his right in reverse position. 4. Turning out by stepping forward.

6. B. Counter (Tor) Hips drive (Takkar Rela):— 1. Surpassing both hands down holding ankles. 2. Kneeling position and placing head before his buttocks. 3. Dropping him forward from pushing and pulling 4. Controlling his back.

7. A. Peeling hands and turn away (Hath Cheerna):— It is a very promising hold for free style Wrestling. When the opponent is holding from behind in both hands grip. Catch his left paw from his left and right and separate the hands. The another method is likewise, place your left hand upon his left wrist and surpassing the right hand under the right hand catch your own hands left wrist. Now making wrist action up and down so that his hands may be separated. Now holding the left hand paw from reverse grip and likewise the right paw from the right hand, twisting towards left and right side push the hands down rubbing the thighs alternately. Afterwards stepping forward and pushing the hands back turning sideways taking reverse position appear face to face in standing position.



Fig.: 494 (8A) Peeling hands in waist grip (Hath Cheerna)

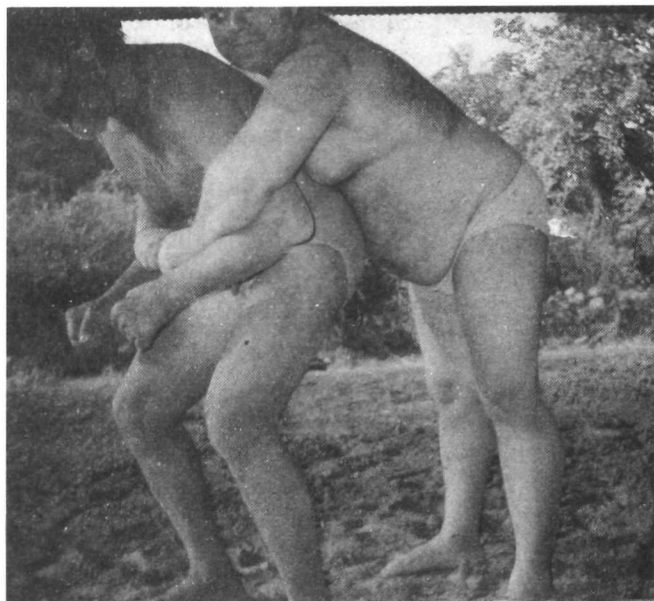


Fig.: 495 (6A) Peeling hands (Hath Cheerna)

Brief details (Nichor):— 1. Opponents simple lock from behind. 2. Placing right leg forward. 3. Holding left hand wrist from left hand. 4. Pressing the left hand. 5. Raising right hand from wrist action. 6. Separating both hands. 7. Pushing the left hand and right hand down alternately. 8. Stopping forward and pushing hands back and releasing himself.

7. B. Counter (Tor) Salto (Putthi):— 1. Bending down clinging the chest with his waist lifting upward rainbow position. 2. Applying leg hit swinging towards right. 3. Dropping towards right side placing knee.

8. A. Peeling hands (Hath Cheerna):— Whereas there are many methods of peeling hands it is the easiest of all. When the opponent wrestler have hold you from behind in hands grip. Holding his left wrist or paw from left hand and right wrist or paw from right hand separate both hands by pulling the left hand downward and right hand upward sideways bowing down the trunk left sideways rubbing the hands with thigh push down and pulling right hands upward up on your chest taking steps forward pushing both hands back with jerk make your self free or surpass your body underhand turning and taking one step behind appearing in face to face position.

Brief details (Nichor):— 1. Wrestlers grip by the opponent from behind. 2. Hold left wrist from left hand and right wrist from the right hand. 3. Separating by twisting down and upward. 4. Twisting the hand rubbing down with left thigh.

5. Pulling the right hand upward. 6. Taking one step back surpassing the body under hand.

9. A. Peeling Hands (Hath Cheerna):— It is also a promising hold to turn out after peeling hands from sitting position. While holding the waist by the opponent in sitting position, grasping his left hand wrist from the left hand right paw from the right hand placing one step forward and then the right by alternately stand up forcibly and separate both hands from jerk. Now twisting both hands both sideways rubbing with the both thighs push down one by one alternately. Likewise taking one step back in bowing position surpass your body under his hand for appearing face to face.

Brief details (Nichor):— 1. Holding waist by the opponent in underneath position. 2. Holding both wrist or paws placing both hands on the mat. 3. Standing left and right leg ahead alternately and standing up. 4. Separating the hands in their directions. Twisting and rubbing the hand pushing down one by one. 6. Take one step back bowing and surpassing the body underhand sideways of appearing face to face.

9. B. Counter (Tor) Shoulder drive (Mos rela):— 1. Holding opponents waist afterwards holding thighs 2. Driving forward from push of shoulders. 3. Holding waist after dropping down.

10. A. Twisting back Peeling Hands (Hath Cheerna):— When the opponent have hold you in his hands grip from backside taking your left hand under the grip.

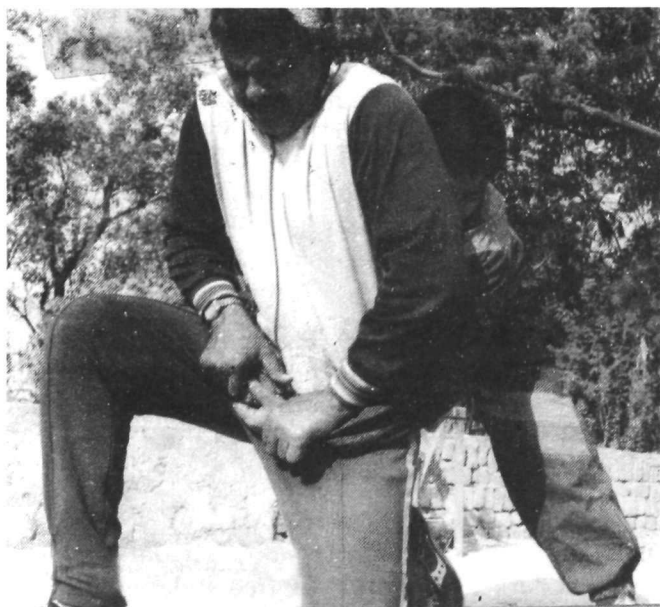


Fig.: 496 (9A) Peeling hands (Hath Cheerna)



Fig.: 497 (6A) Peeling hands in hands grips (Hath Cheerna)

Now you should hold his left hand paw from your left hand bending your wrist upward and right hand paw from the right hand. Separate both his hands forcibly and twisting sideways pushing alternately left and right side rubbing down with thighs. Likewise bowing the trunk taking one step back side appear face to face.

Brief details (Nichor):— 1. Holding waist by the opponent in underneath position. 2. Holding left paw from left, right paw from right hand. 3. Separating both hands from twisting. 4. Twisting and rubbing hands down one by one. 5. Bowing down surpassing body sideways coming face to face.

10. B. Counter (Tor) Back drive (Ula Rela):— 1. Apply sport of right leg before his right heel. 2. Jack of left leg before left heel. 3. Dropping back in semicircle pulling his waist placing elbow. 4. Control after making him flat.

11. A. Peeling hands side turn (Hath cheer ghoom Chakri):— It is also a fine hold of free style wrestling to turn out from the grip of opponent from behind while holding waist by the opponent from behind grasp his left hand paw from your left hand and right hand paw from the right hand. Now separating both hands by twisting forcibly grasp his right hand wrist in left hand and pulling it forward grapine your right hand over his elbow and lifting his right hand upward surpass your head bowing your trunk forward and taking left step forward control his waist by encircling both hands alternately after reaching behind.

Brief details (Nichor):— 1. Holding waist from behind by the opponent. 2. Holding left paw from left and right from the right. 3. Separating the hands after twisting. 4. Grasping right wrist from the left hand. 5. Gripping his right hand over elbow from right hand. 6. Raising the hand surpassing the head. 7. Taking left leg forward. 8. Turning behind holding waist from both hands.

11. B. Counter (Tor) Kick drive (Chanti Rela):— 1. Holding waist from behind. 2. Applying hit of left and right leg.

12. A. Sit out (Dasrang):— It is the olden and smart hold of Indian wrestling which is very useful for free style and Greco-Roman wrestling to turn out from the control of the upper wrestler while sitting under the opponent shooting both legs forward resting upon both hands buttocks raise your trunk and head high so that you may be able to release the grip of the opponent with the sharp jerk and afterwards taking turn to the left in the air sporting upon the left elbow appear before him face to face in Kneeling position.

Brief details (Nichor):— 1. Sitting underneath the opponent. 2. Shooting legs resting upon buttocks and hands. 3. Raising trunk high releasing hold. 4. Rolling upon the bent hand in air. 5. Appearing face to face after rolling.

12. B. Counter (Tor) Twisting hold (Mos):— 1. Sitting underneath. 2. Kneeling position. 3. Holding both shoulders flattening by pulling. 4. Shooting both legs behind. 5. Tilting weight of chest pressing fall.

13. A. Head lever sit out (Ekhari Dasrang):—It is also a fine hold of free style and Greco-Roman

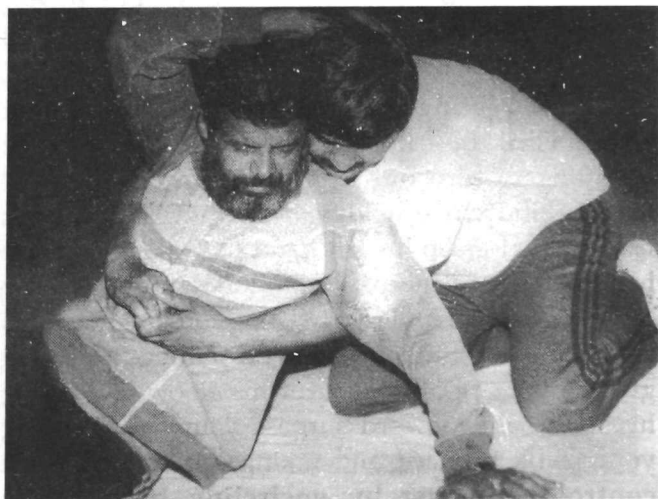


Fig.: 498 (13A) Head lever sit out (Ekhari Dearang)



Fig.: 499 (11A) Peeling hands side turn
(Hath cheerna)

wrestling to turn out from the control of the opponent while sitting under the opponent in kneeling position. Shooting the both legs resting upon the buttocks and left hand holding his head from right hand. Raising the trunk and head high in the air take a roll and appear faced to face in kneeling position.

Brief details (Nichor):— 1. Underneath Kneeling position. 2. Resting upon buttock after shooting legs. 3. Holding had from right hand. 4. Sport of left hand. 5. Raising buttocks. 6. Raising chest head high and rolling. 7. Releasing hold face to face in kneeling position.

13. B. Counter (Tor) Twisting hold (Mos):— 1. Kneeling position behind the opponent. 2. Pulling shoulders behind and flattening. 3. Pressing the pinning wrestler by pumping chest and body weight. 4. Shooting the legs behind.

14. A. Head grip sit out (Dohari Dasrang):—It is another type of sit out turn out from underneath position in free style and Greco-Roman wrestling. While seating underneath in kneeling position shooting your legs forward resting

upon buttocks and hands. Now holding his head from both hands in reverse position and lifting buttocks and body in the air release his hands grip by sharp jerk. In this continuation rolling in the air appear face to face in kneeling position.

Brief details (Nichor):— 1. Sitting under the opponent. 2. Shooting the legs resting upon buttocks. 3. Holding his head from both hands. 4. Raising buttocks and chest up. 5. Body are left roll. 6. Appearing face to face in kneeling.

14. B. Counter (Tor) Twisting hold (Mos):— 1. Kneeling position behind the opponent. 2. Pulling shoulders behind and flattening. 3. Pressing the pinning wrestler by pumping weight of chest and body. 4. Shooting the legs behind.

15. A. Elbow sit out (Tek Dasrang):— It is a outstanding International hold if free style and Greco-Roman wrestling. While sitting underneath in kneeling position when the opponent opens you towards left side. Bending your left elbow and forearm facing if sideways and placing your head across the same take a head roll legs up and drop your body front left side as the grip of the opponent releases suddenly. Appear face to face in kneeling position.

Brief details (Nichor):— 1. Underneath kneeling position. 2. Placing bend hand sideways. 3. Placing head across it. 4. Rolling sideways pivoting upon the head. 5. Releasing grip from head roll and appearing face to face in kneeling face to face.

15. B. Counter (Tor) Twisting hold (Mos):— 1. Kneeling position behind the opponent. 2. Pulling shoulders behind and flattening. 3. Pressing the pinning wrestler by tilting weight from body and chest. 4. Shooting legs behind.

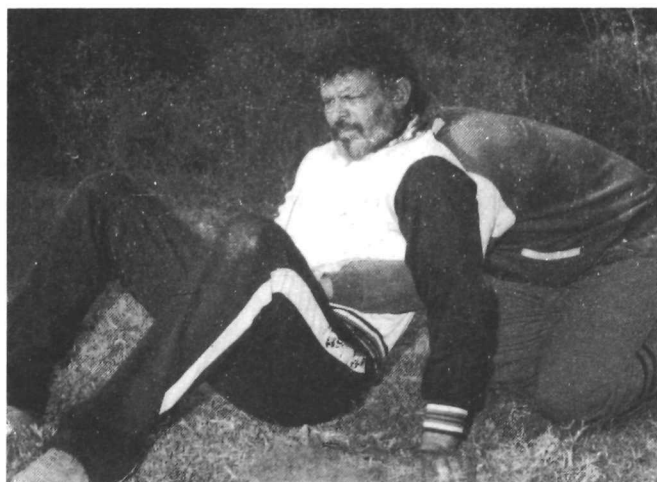


Fig.: 500 (16A) Free sit out (Khuli dasrang)



Fig.: 501 (11A) Head grip sit out (Dohari Dasrang)

16. A. Free sit out (Khuli Dasrang):— It is also a promising hold to turn out from underneath. While seating underneath the opponent shooting the legs forward. Lifting the buttocks and chest upward resting upon the left hand sideways holding right hand sized on your waist take a immediate roll releasing the right and appear face to face in kneeling position.

Brief details (Nichor):— 1. Underneath the opponent. 2. Shooting both legs forward resting upon buttocks. 3. Sporting of left hand. 4. Releasing right hand from waist. 5. Front jerk of the trunk. 6. Appearing face to face after rolling.

16. B. Counter (Tor) suck buck (Mos):— 1. Kneeling position behind the opponent. 2. Pulling shoulders back and flattening. 3. Pressing the pinning wrestler by pumping chest and body weight. 4. Shooting the legs behind.

17. A. High switch (Khari roome):— It is very fine hold of free style wrestling to go behind the opponent from face to face position. Holding opponent's right forearm taking right step sideways to the left surpass your right hand across his right arm holding his thigh raising the trunk and head above and pumping weight upon his upper arm take of sharp turn to right side to hold the opponent from behind. Now taking steps in a semicircle hold him from behind.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding forearm from left hand. 3. Surpassing right hands across his right arm and holding thigh. 4. Right leg out side. 5. Raising trunk head upward. 6. Pressing the arm and roll. 7. Holding waist by means of roll.

17. B. Counter (Tor) Standing switch (Khari Roome):— 1. Hand across his right hand holding

thigh. 2. Raising chest and head shooting legs forward taking flat position. 3. Rolling in the air. 4. Holding waist after stopping behind.

18. A. Standing switch (Khari Roome):— It is also a very promising hold of free style wrestling while standing face to face hold his right hand wrist from your left hand and being sideways step right leg forward surpassing the right hand upon across his right arm holding his right thigh. Now shooting both legs forward pumping weight upon his right upper arm raising chest and head up torture his hand likewise so that you may be able to get the way of going behind rolling the body and taking steps alternately hold the opponent from behind in hands grip.

Brief details (Nichor):— 1. Right stance face to faced. 2. Holding opponents right wrist from left hand. 3. Stopping right leg outside. 4. Pulling hand towards left. 5. Right hand across his right arm holding thigh. 6. Pumping weight upon arm by raising chest and head. 7. Turning face right and roll. 8. Stepping to hold the waist.

18. B. Counter (Tor) Standing switch. (Khari Roome):— 1. Hand across the right hand holding thigh. 2. Raising chest, head shooting legs forward flatten. 3. Rolling in the air. 4. Holding the waist after stopping.

19. A. Wrist grip and standing switch (Kalai band roome):— This is the same hold as above but in this one have to sit upon the buttocks while applying standing switch.

Brief details (Nichor):— 1. Face to face right stance. 2. Surpassing right hand across his right arm holding the thigh. 3. Right leg outside. 4. Pumping

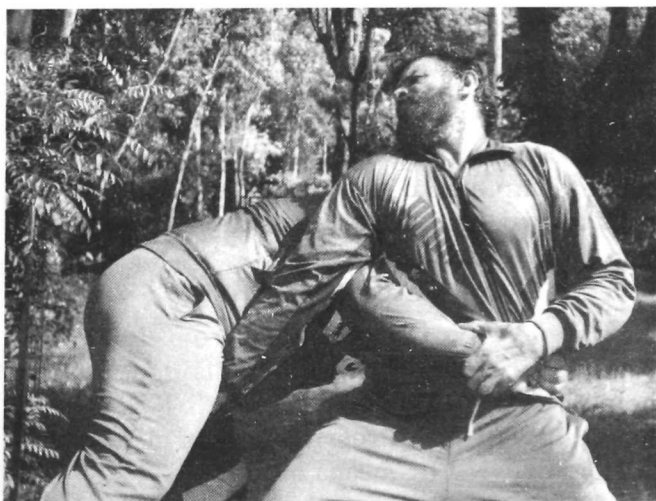


Fig.: 502 (19A) Wrist grip and standing switch (Khari Roome)



Fig.: 503 (17A) Arm bar Switch (Sandiya Roome)

weight upon his right arm. 5. Shooting the leg forward sitting upon the buttocks. 6. Turning face, raising head and chest. 7. Rolling in the air. 8. Holding his waist form behind after turn.

20. A. Short switch (pari roome):— It is a promising hold of free style wrestling to turn out from underneath position. While sitting underneath in Kneeling position take a bit sideways position. Now straightening both legs upon 90 degree in kneeling position cling your right knee with your left knee and siting upon the right buttock and surpassing the left hand in his left thigh across his upper arm shoot your legs sideways pumping weight upon his arm keep your chest and head up and for the try of holding waist take a roll in the air and hold his waist from behind.

Brief details (Nichor):— 1. Underneath kneeling position. 2. Both knees standing upon 90 degree. 3. Cling right knee with left. 4. Sitting 90° upon the right buttock. 5. Surpassing left hand across the arm holding thigh. 6. Right hand stand. 7. Raising buttocks, chest head in the air. Roll after turn right. 8. Holding waist from behind.

20. B. Counter (Tor) body over (Dhar Marna):— 1. While applying switch by the opponent pivoting upon the head and hand. 2. Throwing the legs across the body. 3. Raising hands. 4. Holding the opponent in pinning position by pumping weight upon him.

21. A. Arm bar switch (Sandiya Roome):— It is a very fine hold of free style wrestling to turn out from the underneath position. While sitting under the opponent in kneeling position and when

the opponent wrestler is holding short crotch. To turn out from here take the kneeling position at 90 degree and touch your right knee together with the left knee and resting upon the right buttock surpass your left knee in his left thigh making the hand straight, shooting the legs sideways raising your chest and head right, hand placing towards right, side roll to the left in the air and control his waist immediately.

Brief details (Nichor):— 1. Underneath the rival. 2. Surpassing the crotch and in the thigh. 3. Joint the knees together. 4. Sitting upon the buttocks. 5. Right hand sport. 6. Torture the opponent arm. 7. Waist jerk and roll. 8. Rolling waist from behind.

21. B. Counter (Tor) Body over (Dhar Marna):— 1. Placing one hand and head legs up. 2. Throwing body over the opponent. 3. Lifting up own body bending legs across. 4. Pressing the opponent pumping weight.

22. A. Power switch (Lamlet roome):— It is the old type switch of free style wrestling. While sitting underneath the opponent in kneeling position for application of switch shoot your legs in front resting upon the knees and turning to the left surpass your left hand across the left hand arm hold him thigh touching palm now passing nearer and nearer raising chest and head up pump weight upon his arm and thus taking a roll in the air hold his waist from both hands alternately.

Brief details (Nichor):— 1. Underneath the rival. 2. Shooting both legs front. 3. Turning left hand in



Fig.: 504 (21B) Step over (Dhar Marna)

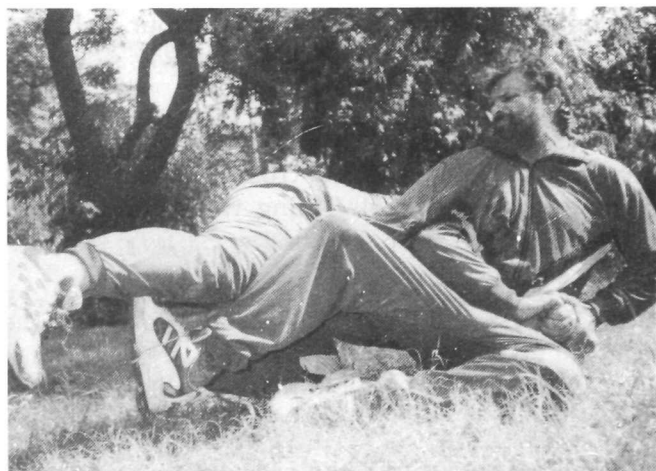


Fig.: 505 (23A) Pinning Switch (Baithi Roome)

thigh across the arm. 4. Pumping weight upon left hand. 5. Jerk of waist. 6. Rolling in the air. 7. Holding waist from hands alternately.

22. B. Counter (Tor) Body over (Dhar Marna):— 1. Roll upon hand and head. 2. Throwing body over the opponent. 3. Lifting own body up throwing legs across. 4. Pressing the opponent in pinning position from tilting weight.

23. A. Wrist hold Pinning Switch (Baithi roome):— It is a patent hold of pinning the opponent from underneath position while sitting under the opponent in kneeling position keep yourself to right side to apply the same hold joining knees bend together on 90 degree and sitting sideways upon the left buttock surpass your right hand in his right thigh across the arm and holding his left wrist from your left hand lift his right leg up from your right leg sport turning to right. As a result of that a secure fall rolling towards your left side.

Brief details (Nichor):— 1. Sitting under the opponent in kneeling position. 2. Passing sideways. 3. Joining the knees sitting upon buttocks. 4. Surpassing hand in thigh across the arm. 5. Holding left wrist from left hand. 6. Rolling right. 7. Sitting upon left buttock rolling him fall to your left.

23. B. Counter (Tor) step over (Dharmarna):— 1. Lifting the body upon head. 2. Step over on opponent. 3. Tilting body weight pinning.

24. A. Pinning switch (Baithi roome):— It is also a another kind of switch to turn out from underneath position while sitting under the opponent in kneeling position shooting the less sideways surpass your right hand in his right thigh across the right arm. Resting upon the buttocks and

left hand lift his right leg up from your right leg sport and come over him passing slowly sideways and control his back.

Brief details (Nichor):— 1. Sitting underneath the opponent. 2. Right hand cross his arm. 3. Lifting thigh from right leg. 4. Tilting weight upon arm. 5. Rolling in the air. 6. Holding waist from behind.

24. B. Counter (Tor) step over (Dhar Marna):— 1. Place hand and head for step over. 2. Throwing legs and body across upon the opponent. 3. Raising head and hand up. 4. Holding fall from pumping weight.

25. A. Step over (Dhar Marna):— It is very important half of Free Style Wrestling to turn out from the kneeling position. While from underneath kneeling position when the opponent sitting above to your left. You should passing a bit towards right side now placing the hands passing upon the head in lift your all body up throwing upon your opponent across his body who is sitting to your left and raising the head up placing legs another side and straightening both hands pump weight upon his back and control him by grasping him from behind.

Brief details (Nichor):— 1. Underneath in kneeling position. 2. Placing head and hands sideways. 3. Throwing the body and legs across the opponent. 4. Placing legs to another side straightening hands raising head. 5. Controlling the opponent from behind.

25. B. Counter (Tor) Hips jerk (Dhawwa):— 1. Cross buttock hold on step over time. 2. Turning face throwing from buttocks jerk. 3. Dropping right side holding fall.



Fig.: 506 Free sit out (Khuli dasrang)



Fig.: 507 (26A) Hand gripine step over (Lapet Dhar)

26. A. Hand grapine step over (Lapet Dhar):— It is another type of step over to pin the upper opponent. When the opponent sitting up pulling your right hand long crotch from his left hand and with sport of right hand. At once grapine his left hand from your left hand over elbow and holding it from the right hand placing the head lift your body and legs and throw upon the opponent across his body. By doing so he will be flattened and will be pressed fall by step over. Now tilting body weight and grasping according to the situation control him in pinning position.

Brief details (Nichor):— 1. Pulling long crotch by opponent. 2. Passing a bit right side. 3. Grapine and holding hand. 4. Throwing body across the opponent. 5. Placing legs another side raising the head. 6. Holding from upward position.

26. B. Counter (Tor) Flattening (Lamlet):— 1. Holding body from both hands. 2. Surpassing both hands in the armpits. 3. Jerking forward from hands. 4. Flattening the opponent.

27. A. Side Turn (Firki):— It is very old and promising hold of Greco-Roman wrestling. While standing face to face holding opponents left arm from right hand and pressing the hand in right armpit pull it downward going in kneeling position. Now surpassing your head and body to his left side under the hand in a semicircle turn out sideways twisting his hand as he will be tortured from the twisted hand and will give way to hold him from behind. Afterwards holding the his hand from another hand oversize his waist from your free right hand and control him fully from behind.

Brief details (Nichor):— 1. Face to face position. 2. Holding left hand pressing in armpit. 3. Stopping right hand from left. 4. Placing head in chest.

5. Pulling and kneeling position. 6. Turning sideways. 7. Holding hand from another hand. 8. Grasping waist full control from behind.

27. B. Counter (Tor) Body throw:— 1. At opponents turn body throws placing hands and head. 2. Applying one legged scissor. 3. Controlling from behind.

28. A. Side turn and hand bar. (Danda Firki):— This is also the same hold as above having a bit difference. While standing face to face grasping his right hand arm from your right hand taking his hand arm bar holding another hand from own left hand, pulling down the hand forcibly assume kneeling position and take a turn after surpassing your body from his left armpit. Now apply left hand arm bar upon his thigh by straightening your hand from which pull your left. Then you should control him dropping left hand upon his chest and shooting the legs.

Brief details (Nichor):— 1. Holding left arm hand in armpit. 2. Hold his another hand. 3. Pulling him kneeling position by both. 4. Side turn in kneeling position. 5. Applying left hand bar upon thigh. 6. Dropping fall side. 7. Placing left hand upon chest. 8. Shooting legs.

29. A. Double wrist grip and turn (Dohari Kalai Pakar):— It is also a promising hold of Free Style wrestling to turn out from underneath position. While underneath in kneeling position when the opponent is sitting upon you towards your left, grasp his left wrist at first from your right hand and left hand alternately with full power. Now placing your head in his elbow surpass your self towards right in semicircle slowly and likewise come face to face in kneeling position after turning out from his control.



Fig.: 508 (29A) Double hand grip & turn out (Hath cheerna)



Fig.: 509 (31A) Side turn & Firki)

Brief details (Nichor):— 1. Underneath the opponent. 2. Holding wrist from right and left both hands. 3. Placing head in elbow joint. 4. Surpassing side ways. 5. Turning out face to face in kneeling position.

29. B. Counter (Tor) Rolling (Paltna):— 1. Holding between buttocks and Hanuman stance. 2. Rolling him upon head. 3. Turning face left side. 4. Holding legs up controlling fall.

30. A. Nelson hand bar (Hafta Danda):— It is also a promising hold of free style wrestling to pin the underneath sitting wrestler sitting towards his left holding his wrest from right hand. In kneeling position turning towards right applying half Nelson surpassing left hand in his armpit upon his neck and other hand upon his waist. Now touching him with chest use right hand bar upon his right thigh and pinning him front place your right hand upon his chest shooting the legs forward.

Brief details (Nichor):— 1. Sitting left upon the underneath wrestler. 2. Surpassing left hand upon neck from armpit. 3. Kneeling position and pressing by chest. 4. Right hand bar on right thigh. 5. Placing hand across on chest on pinning wrestler. 6. Shooting legs.

30. B. Counter (Tor) Leg stretch (Paire Akar):— 1. Straightening the leg of bar. 2. Turning the face to right. 3. Releasing hold.

31. A. Side turn (Ghoom):— It is a promising hold of free style as well as Greco-Roman wrestling to turn out from underneath position face to face when the opponent have grasp your trunk from both hands. In this position one becomes helpless uneasy. To turn out from the hold placing both hands straight in kneeling position surpassing head

sideways turn out your body becoming fall in the air. Then the tight grip will be released and passing sideways control the opponent from behind.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Holding trunk from upward. 3. Placing both hands straight. 4. Turning out sideways in fall position. 5. Passing sideways. 6. Holding opponent from behind.

31. B. Counter (Tor) Suck Buck (Khainch):— 1. Holding from both hands from face to face. 2. Flattening himself towards behind. 3. Flattening the opponent also by pulling.

32. A. Head lever roll (Gulant):— It is a very simple hold of free style, oriental style and Greco-Roman style wrestling to turn out from underneath position and pinning the opponent. While sitting under the opponent when he is completely riding upon your back. At the same time holding his head from both hands and lifting buttocks up from kneeling position and pulling his head down throw him rolling reverse in front of you in pinning position. Now tilting weight upon his chest and grasping him according to situation hold a fall.



Fig.: 511 (32A) Head lever roll (Gulant)

Brief details (Nichor):— 1. Opponent riding upon your back. 2. Holding his head from both hands. 3. Raising buttocks from kneeling position. 4. Throwing him rolling in front. 5. Holding fall by tilting body weight.

33. A. Standing sit out (Khari dasrang):— It is a patent hold free style as well as Greco-Roman wrestling to turn out from the control of opponent from standing position. While holding waist from behind by the opponent wrestler for turning out from the grip shoot your legs forward making bridge in their and jerk forward quickly to release his grip and take a sideways roll in the air surpassing the legs forward. You can take support of his head also holding his head from one hand and turn out from the grip stepping back alternately and afterward appear in face to face position.

Brief details (Nichor):— 1. Opponent holding from backside. 2. Shooting legs forward with jerk. 3. Holding head from right hand. 4. Turning left take back step left and right. 5. Turning left, right foot stepping backside to bending forward releasing from hold face to face.

33. B. Counter (Tor) Back jerk (Khainch):— 1. Both hands grip upon shoulders. 2. Dropping him by pulling and sitting in kneeling position controlling the pinning wrestler flattening himself.

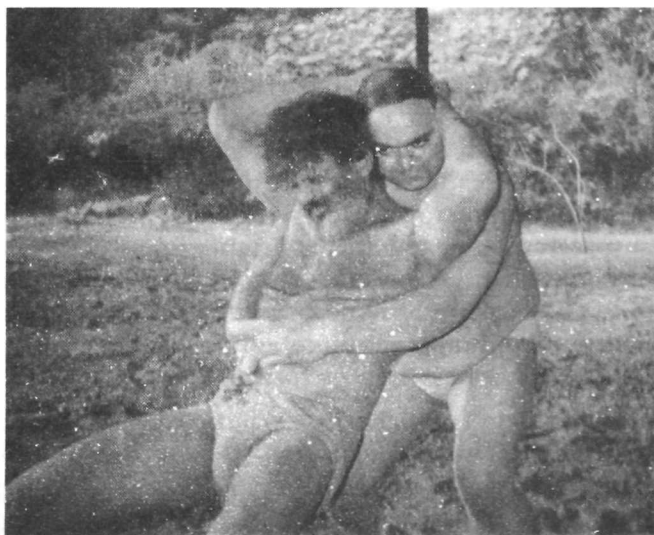


Fig.: 510 (33A) Standing sit out (Khari Dasrang)

International pinning holds from underneath position to the upward rider and the counters conditioning exercise for application of holds.

Standing and sitting leg grapine, Head liver far side roll, Side roll, Back spin, Side swing. Leg tackle back stack, Back side leg tackle back stack, Leg craddle, Colundun, Side slip, Side swing, Reverse firemans curry, Scissors, Opposite lock roll, Leg bar and turn, Turn out, Head roll, Grapine hand, upside roll etc. International standard holds and the counters given in the chapter.

In this eighth chapter pinning holds to the upward from underneath Free Style and some Greco-Roman holds are mentioned which are in action in India for centuries and are now applied in Olympics likewise standing the sitting leg grapine. Leg tackle back stack, Head lever, side

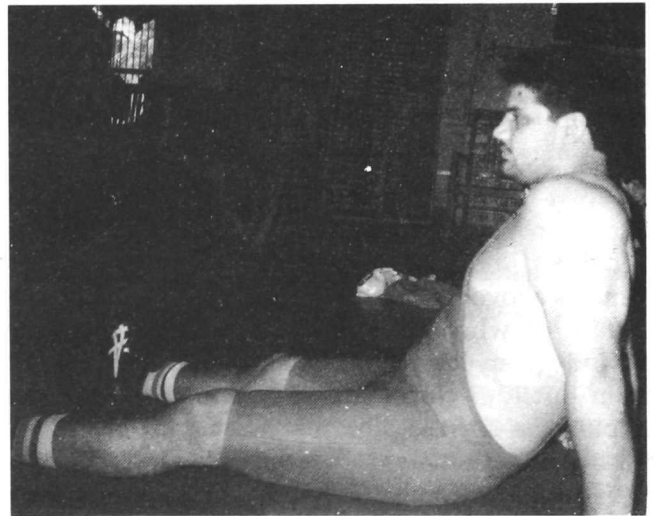


Fig.: 513 Kind of sitting position during fight counter of sit out conditioning exercise for many holds



Fig.: 512 Body throw (Dhar marna)

swing, side roll, Back-spin, Columdun, Reverse Fireman's curry, scissor, Leg bar and turn, side slip, Leg Craddle etc. hold in which colundun and side slip are Greco-Roman holds. Calundun should be learnt in the beginning to the juniors and seniors likewise leg craddle is very fine and easy hold. The rest of the holds should be learnt according to the boys standard. For the sitting or standing griping legs waist agility is essential. Likewise back spin and head lever trunk should be egile. So waist exercises for these holds are essential. When in side swing and side roll sitting upon knees and on buttocks at 90 degree is essential so drop the buttocks sideways exercises are essential and reverse firemans curry requires practice of fast roll is must. In scissor and leg bar and turn one him self can practice from the same without any mate. Side step over in side slip and bowing forward exercises opening the legs is used in leg craddle from which one can pull the leg quickly.

1. **A. Inside leg grapine (Anderli tang):**—It is a promising and patent hold of Indian style or free style wrestling to pin the opponent. Standing face to face upon the right stance when the opponent tries to tackle your legs hold his upper arms in your hands pulling a bit up and turning your face towards left side bowing your trunk down grapining your right leg into his left leg and now lifting his leg turning to left with sharp motion drop him sideways in the pinning position.

Brief details (Nichor):—1. Holding both upper arm from face to face. 2. Pulling up. 3. Inside leg grapine and turning sideways. 4. Lifting leg up turning face. 5. Dropping fall with sharp swing.

1. **B. Counter (Tor) Leg twist (Pat Khench):**—1. Holding the grapine leg with both hands. 2. Pushing back pressing thigh from shoulder. 3. Dropping in pinning position.

2. **A. Inside leg griping (Andarli Tang):**— It is also a fine hold of free style wrestling to pin the opponent in standing face to face position which same as above having a bit difference. While in face to face or when the opponent holding you from behind grasp his right hand wrist and grapine it from outside from the right hand. Turning face griping the right leg into his left leg lift his leg up by bowing the trunk forward turning the face towards left pulling the hand drop him sideways from a sharp jerk in pinning position.

Brief details (Nichor):— 1. Opponent behind. 2. Holding his right wrist. 3. Grapine right hand outside his right hand. 4. Turning left, right leg grapine into his left. 5. Turning face left bowing the

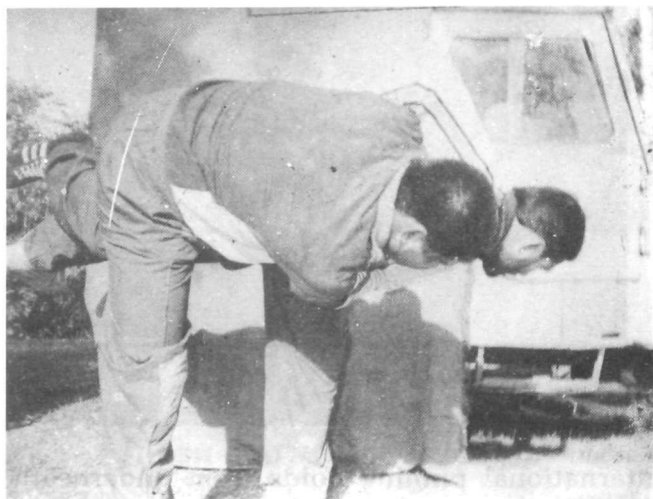


Fig.: 515 (1A) Inside leg grapine (Andarli Tang)

trunk. 6. Lifting leg and pulling hand. 7. Dropping in pinning position sideways.

2. **B. Counter (Tor) Back hit (Baja):**— 1. Holding left leg from both hands. 2. Grasping waist from the right hand. 3. Applying right leg hit outside his left leg. 4. Pinning him backward.

3. **A. Leg and arm grapine (Bagli Tang):**— It is also a free style grapine hold to pin the opponent like the above hold having but difference. When the opponent is holding you from behind grasp his right hand from your left grapine the right hand with his hand over the elbow. Now grapining the outer leg from out side bowing forward raising the buttocks lift him up and turning face towards the left drop him sideways in the pinning position.

Brief details (Nichor):— 1. Hold by the rival from behind. 2. Grasping right wrist from the left hand. 3. Grapining another hand in the elbow. 4. Bowing forward turning the face. 5. Hitting by right leg upon his right leg. 6. Pulling hand and lifting up turning face drop fall sideways.

3. **B. Counter (Tor) Ride (Sawari):**— 1. Applying scissor. 2. Lifting right thigh ride upon the left leg. 3. Ride upon the right leg from own another leg. 4. Flattening forward surpassing hands under armpits.

4. **A. Sitting leg trip (Baithi Tang):**— When you are taking the kneeling position underneath and the opponent wrestler is above holding his right hand from your right hand above the right shoulder, placing the left hand sideways roll forward sideways upon head and shoulder grapine the inner leg. After dropping him down step over upon him pinning him down.



Fig.: 514 (2A) Leg and arm grapine (Bagli Tang)

Brief details (Nichor):— 1. Underneath the wrestler in kneeling position. 2. Holding right arm upon the shoulder. 3. Grapine right leg in his left leg. 4. Placing left hand rolling forward upon head and shoulder. 5. Over stepping upon the pinning wrestler.

4. B. Counter (Tor) Leg lift (jholi):— 1. Holding left shoulder from right hand. 2. Left hand under left thigh. 3. Grapine right hand above elbow. 4. Grapine left leg. 5. Place head, shoulder and elbow stepping over. 6. Pinning by tilting weight upon him.

5. A. Sitting leg motion (Baithi Tang):— It is also a promising hold of free style wrestling to pin the opponent from sitting position. While holding from behind from the opponent who is sitting your left side. Hold his right wrist from your left hand and now grapine his same hand above the elbow and grapine inner leg throw him sideways. Now throwing legs across his body control him in pinning position by pumping weight upon him.

Brief details (Nichor):— 1. Holding right hand from both hands. 2. Applying inner leg. 3. Turning left throwing sideways. 4. Throwing legs across his body. 5. Control fall by pumping weight upon him.

5. B. Counter (Tor) Nelson (Hafta):— 1. Passing sideways. 2. Nelson from the free hand. 3. Pressing from the chest sideways pinning the opponent. 4. Pressing fall by Flattening.

6. A. Head lever (Mos):— It is also simple and natural old hold of free style wrestling to pin the opponent from sitting position. When the opponent

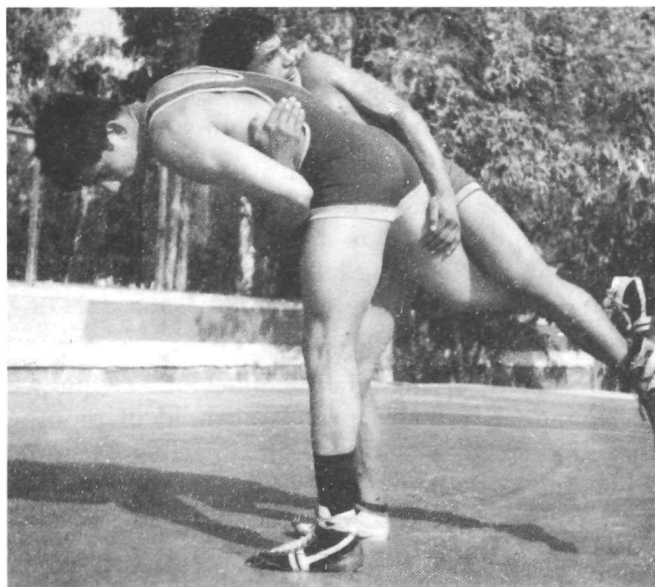


Fig.: 516 (6A) Head lever (Mos)

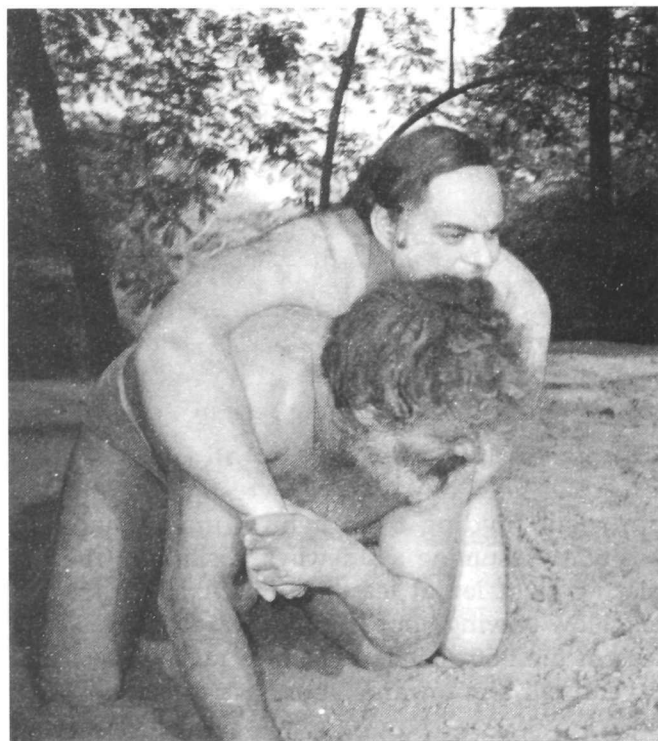


Fig.: 517 (4A) Sitting leg trip (Baithi Tang)

is sitting to your left upon you and you are assuming the kneeling position, passing a bit to his left hold his head and neck over seizing your right hand and holding the right arm from left hand. Now turning face towards left applying inner leg trip lifting him up upto buttocks pin him towards right side.

Brief details (Nichor):— 1. Holding opponents head from right hand. 2. Grasping right arm. 3. Applying inner leg trip. 4. Lifting up unto buttocks, turning face. 5. Rolling sideways. 6. Pinning sideways.

6. B. Counter (Tor) Waist hold (Kamarband):— 1. Pulling reverse releasing neck and arm. 2. Releasing waist holding his waist. 3. Sitting upon him to left pulling chin upon him. 4. Placing right knee in between his knee.

7. A. Far Side roll (Lattu):— It is a promising hold of free style wrestling to pin the upper wrestler from underneath position. While sitting down in kneeling position when the opponent is sitting towards your left side grasping his right wrist from your right hand and joining both the knees standing upon 90 degree sit sideways to right side upon the buttocks and in circle his waist from your left hand sporting your right hand elbow on the mat. Now he will rolled with you and will fall sideways control the pinning wrestler easily.

Brief details (Nichor):— 1. Underneath the opponent. 2. Holding his right wrist from right hand. 3. Joining the knees together. 4. In circling his back from left hand. 5. Sitting right upto buttocks 90 degree. 6. Right elbow stand. 7. Rolling right side turning left. 8. Pinning the opponent by rolling.

7. B. Counter (Tor) Half Nelson (Hafta):— 1. Sideways kneeling position. 2. Surpassing left hand from armpit upon the neck. 3. Pressing him towards right from chest. 4. Controlling him in pinning position by pumping weight.

8. A. Leg tackle back stack (Ulti Ukher):— It is very fine hold of free style wrestling to pin the opponent holding from behind in the standing position. Assuming a sideways position to the left placing right leg at least one foot back to his left leg. Now bowing your trunk forward hold his both legs in the both hands tight grip raising the trunk up and fall him towards your back forcibly.

Brief details (Nichor):— 1. Holding by the opponent from behind. 2. Passing a bit sideways. 3. Both legs parallel to each other. 4. Placing right leg back before his right leg. 5. Holding both legs bowing trunk down. 6. Pinning down backward forcibly.

8. B. Counter (Tor) Forward drive (Chalu Rela):— 1. Holding the opponent from behind. 2. Placing right leg forward between his legs. 3. Flattening the opponent by forward drive. 4. Holding the opponent controlling the waist.

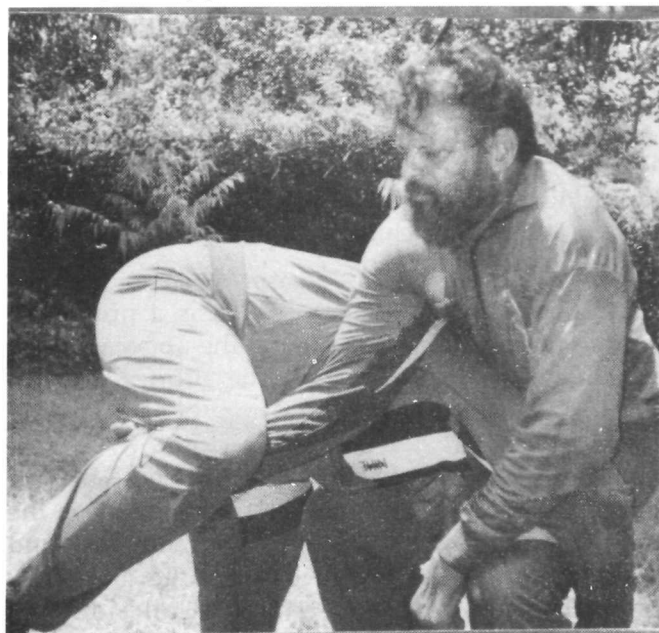


Fig.: 518 (12A) Around roll (Godi)

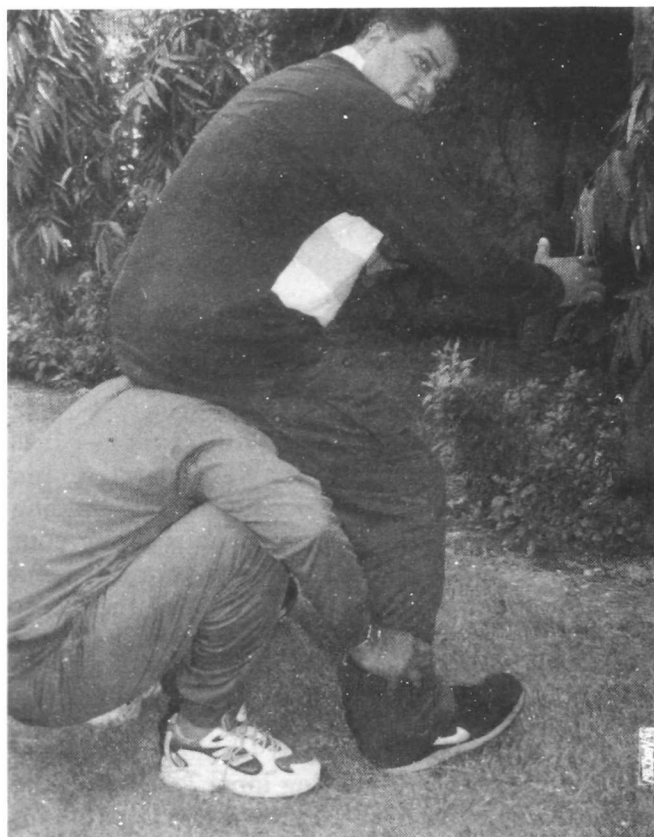


Fig.: 519 (8A) Leg tackle and back stack (Paire Ulti Ukher)

9. A. Around roll (Godi):— It is very promising and fast hold of free style wrestling to pin the wrestler from face to face standing position. When the opponent tackles your legs bowing down take his head down under you pressing him down by pumping body weight upon him. Now shooting the left leg forward and over crossing your left hand his left thigh lift him up rolling to back sitting upto left buttock, so that he may be pinned towards your left placing left hand sideways down. Now surpass your right hand upon his chest to hold the fall.

Brief details (Nichor):— 1. Face to face position. 2. Pressing the opponents under belly. 3. Surpassing left hand into left thigh. 4. Or holding thigh from both hands. 5. Shooting left leg forward. 6. Rolling fall in left side. 7. Sitting upto buttocks. 8. Holding fall pressing by right hand.

10. A. Side swing (Gadhale):— Side swing is a International standard promising hold of pinning the opponent from underneath kneeling position, when the opponent is sitting upon you towards your right. Grasp his left hand wrist in your left hand grip. Joint the knees together in straight position placing right hand upon the mat in straight position roll towards the left side tilting weight

upon right elbow facing towards the opponent and lifting his leg up from your right leg. He will be pinned to your left. Now keep him holding fall from tight grips.

Brief details (Nichor):— 1. Kneeling position towards left underneath. 2. Holding left wrist from left hand. 3. Standing the kneeling legs. 4. Right hand upon mat. 5. Joining the knees together. 6. Landing upon the elbow. 7. Landing upto buttocks. 8. Rolling facing right side. 9. Raising leg up. 10. Holding fall tilting weight up one right buttock.

10. B. Counter (Tor) Half Nelson (Hafta):— 1. Applying hand Nelson. 2. Surpassing or jumping to sideways. 3. Pushing from the chest rolling fall sideways.

11. A. Outer leg trip side switch (Nikali Gadhalat):— It is also the same hold as above having a bit difference of outer leg trip. When you are assuming underneath kneeling position, pass towards his left straightening the legs hold his left hand wrist from which he has grasped you from the waist. Now joint the knee together standing the right hand straight upon the mat land on the buttocks to the left at 90 degree. Place your right leg toe upon his left leg joint as a outer leg trip and roll upon the left hand elbow quickly facing to right side. The opponent will be rolled above you and will fall to your backside. Now hold him in pinning position.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding wrist from left hand. 3.



Fig.: 520 (11A) Outer leg trip side switch (Nikali Gadhalat)



Fig.: 521 (10A) Side swing (Gadhalet)

Standing the knees straight. 4. Right hand straight stand. 5. Right leg out side the left leg. 6. Clinging the left knee with the right. 7. Elbow stand. 8. Landing upto left buttock. 9. Rolling upto left buttock. 10. Rolling facing right side. 11. Lifting his left leg from your right leg. 12. Left leg stand. 13. Holding fall lifting right leg up.

11. B. Counter (Tor) Short lever (Chhoti Sandi):— 1. Grasping left wrist applying short crotch. 2. Sitting in Hanuman stance. 3. Holding him upto buttocks and rolling him upon head. 4. Step over feet controlling the fall.

12. A. Opposite grip side swing (Ulat Gadhalet):— It is also a promising hold of free style wrestling like the above while sitting in kneeling position under the opponent to his right side passing at a bit distance hold his right hand wrist from your right hand and close up your elbow with the body grapining your left leg in his right leg from inside, standing upon the knees join the right knee with left. Now making right hand stand roll sideways facing and lifting the left leg straight high and he will be falled behind you after rolling.

Brief details (Nichor):— 1. Kneeling position underneath right side. 2. Grasping right wrist from left hand. 3. Clinging elbow with the body. 4. Right hand stand. 5. Kneeling straight way. 6. Inside trip in right leg. 7. Joint right knee with left. 8. Sitting upon 90 degree upto right buttock. 9. Lifting leg up. 10. Pinning behind rolling.

13. A. Outside trip side swing (Bahri gadhalet):— It is also the same hold as above having a bit difference. While sitting right underneath the opponent in kneeling (Right hand) from your left and use right hand as a stand placing

it straight upon the mat straightening the both knees and hooking your left leg to trip his right leg as a outer leg trip joint your knees together. Now pulling his wrist facing to the opponent, landing upto right buttock roll him quickly upon you so that the opponent may be pinned to your backside. Now lifting your left hand straight stopping his right leg upward in the air pulling his wrist facing to the opponent resting upon the buttock assuming such position control the fall.

Brief details (Nichor):— 1. Sitting underneath the opponent to right. 2. Grasping his right wrist from the left hand. 3. Left leg hook in his right leg outside. 4. Right hand stand. 5. Joint right leg with the left. 6. Clinging elbow with the body. 7. Rolling the opponent facing him. 8. Pinning him behind and controlling.

13. B. Counter (Tor) Half Nelson (Hafta):— 1. Jumping upon the opponent assume reverse side. 2. Holding waist from left right hand Nelson from armpit. 3. Assuming sideways position pressing from the chest. 4. Pressing forward pinning the opponent. 5. Tilting weight upon him and shooting the legs behind.

14. A. Short switch ride swing (Roomi Gadhalet):— It is world fame free style wrestling hold to pin the opponent from underneath kneeling position. From underneath grasp opponents right wrist from right hand pumping weight upon knees apply lift hand switch in his left thigh joint both knees together. Now turning to left landing upon the right buttock lift his leg up making stand of your right hand elbow. As a result of that he will

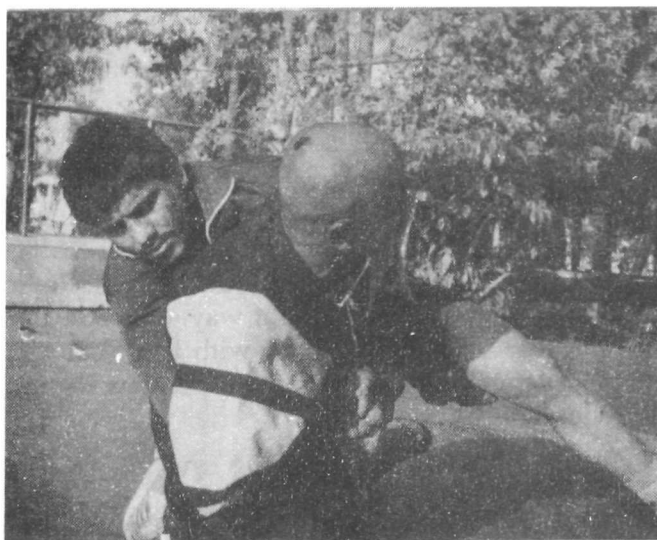


Fig.: 522 (14A) Short switch ride swing (Roomi Gadhalet)



Fig.: 523 (13A) Outside trip side swing (Bahri gadhalet)

fall rolling behind you. Control him in pinning position tightening hand grip lifting his left leg and turning the face.

Brief details (Nichor):— 1. Passing sideways to the right. 2. Tilting weight upon the knees. 3. Applying left hand switch. 4. Grasping right wrist from right hand. 5. Facing towards opponent. 6. Joint the knees together. 7. Landing upto right buttock upon 90 degree. 8. Making elbow stand. 9. Rolling to words the opponent. 10. Right leg stand. 11. Pumping weight upon right buttock. 12. Pressing fall by pulling hands.

14. B. Counter (Tor) Flattening hold (Ghissa):— 1. Surpass right hand in his thigh. 2. Holding left arm from left hand. 3. Facing another side pulling him sideways. 4. Rolling him upon own body. 5. Pinning him in reverse position elbow stand.

15. A. Leg grip standing swing (Khari Gadhalet):— It is also a International promising hold from which, the opponent is pinned in a twinkling of an eye. So every wrestler should learn this hold.

When the opponent have hold you from behind placing your left leg a bit back near his left leg holding his thigh from outside and grasping his right hand wrist from your right hand tight both hand grips. Lifting the forward leg heel up land upon the right knee and making right hand elbow, land upon the right buttock upon 90 degree facing towards the opponent roll him upon you, and drop him behind in the pinning position and control him there from tight grips.

Brief details (Nichor):— 1. Holding by the opponent from behind. 2. Placing left leg back.

3. Grasping left thigh from left hand. 4. Holding right wrist from right hand. 5. Lifting heel kneeling right leg. 6. Elbow stand. 7. Rolling facing towards the wrestler. 8. Landing upon right buttock 90 degree. 9. Tilting weight upon left buttock. 10. Tightening hand grips controlling fall.

15. B. Counter (Tor) Floating hold (Ghissa):—

1. Surpass hand in thigh. 2. Holding arm from left hand. 3. Facing reverse pull him sideways. 4. Rolling him in pinning position upon own body. 5. Pinning him upon in reverse position making elbow stand.

16. A. Standing far side swing (Khari Bagal Roomi):— It is also a promising International wrestling hold as above having little difference from which opponent is pinned in a movement. When the opponent have hold you from behind passing a bit towards right applying left hand switch in his left thigh grasping his right hand wrist from your right hand drop your knee forward lifting the heel and landing upon right elbow and right buttock lift thigh up from a sharp roll facing to the opponent. Now he will rolled upon you will fall to your behind and control him from tightening.

Brief details (Nichor):— 1. Holding by the opponent from behind. 2. Grasping right wrist from the right hand. 3. Applying left hand switch. 4. Dropping right knee forward lifting heel. 5. Landing upon right knee. 6. Turning the body towards left. 7. Tightening grips and holding fall.

16. B. Counter (Tor) Back drive (Picch wari rela):— 1. Placing leg back. 2. Placing right leg before his right leg. 3. Placing another leg before the left leg. 4. Straightening the hands pulling back.



Fig.: 524 (15A) Leg grip standing swing (Khari Gadhalet)



Fig.: 525 (16A) Standing far side swing (Khari Bagal Rommi)

5. Facing another side landing upon the left buttock. 6. Pinning reverse fall.

17. A. Tight Grip hold (Khapchi):— It is a promising and simple hold of free style wrestling to pin the opponent from face to face standing position. When both of your are fighting upon the left stance. Surpassing your both hands into his armpits turning to your body to the left and totally in reverse direction take the opponent upon your buttocks bowing forward and throw sideways in the pinning position. Now control him fall position by tilting weight.

Brief details (Nichor):— 1. Face to face surpass both hands in armpits. 2. Place both legs in reverse direction. 3. Himself direction reverse. 4. Both legs parallel knees bent. 5. Placing him upon buttock. 6. Facing left buttock. 7. Pressing fall towards right.

17. B. Counter (Tor) Standing switch (Khari rome):— 1. When opponent surpass hands in your armpits. 2. Placing right step outside his right leg. 3. Pressing left arm and armpit. 4. Applying switch upon the arm. 5. Shooting the legs raising chest. 6. Loosening the arm by pumping weight of stepping forward after rolling and holding opponents waist.

18. A. Leg cradle, (Paire Jhhapati):— It is a promising free style wrestling hold to pin the wrestler who is standing behind. Bowing the trunk forward the taking the both legs apart and parallel to each other grasp his leading legs ankle from both hands and lifting it up to top make the opponent

unbalanced and pin him backward down and sitting upon him placing your buttocks place the both legs sideways resting.

Brief details (Nichor):— 1. Holding by the opponent from behind. 2. Placing the legs apart and parallel. 3. Bowing the trunk forward. 4. Holding opponent leading leg from both hands. 5. Pulling the leg up to top. 6. Pinning him behind. 7. Tilting weight of buttock upon the opponent. Legs resting sideways.

18. B. Counter (Tor) Knee press (Pag Dhakka):— 1. Bending the right knee down. 2. Hitting his buttocks from knee and the thigh forward. 3. Pushing forward from both hands also. 4. Dropping him forward bitterly. 5. Controlling him from behind in kneeling position.

19. A. Colundun (Bangri):— It is a Inter-national wrestling hold of free style and Greco-Roman to pin the opponent sitting down face to face. When a position held that the opponent is pressing you down from face to face hold his both hands griping his elbows and joint the hands together upon own chest. Now surpassing your head sideways roll him in the pinning position and roll again if he has avoided continuous pinning. Again apply the roll and resting upon the opponent placing both the legs sideways control him fall.

Brief details (Nichor):— 1. Face to face sitting under the opponent chest. 2. Binding his elbows from both hands reverse. 3. Binding own hands together. 4. Surpassing head sideways. 5. Lifting the



Fig.: 526 (19A) Colundun (Bangri)



Fig.: 527 (18A) Leg cradle (Paire Jhapatti)

buttocks up upward circle. 6. Tilting weight upon the opponent and controlling fall.

20. A. Single hand grip colundun (Ekhatthi Bangri):— It is also are the same hold as above having little difference. While in face to face standing position whenever you tackle the legs of opponent in kneeling position and he presses you down from the chest and body weight grasp his right arm from your left hand holding his hand in your left armpit and bind his left hand in your right hand in reverse colundun grip. Mean to say if you are unable to bind opponent hand in another hand you can hold his arm tightly pressing his hand under armpit., Now surpassing to your head outside the left and taking bridge position in the

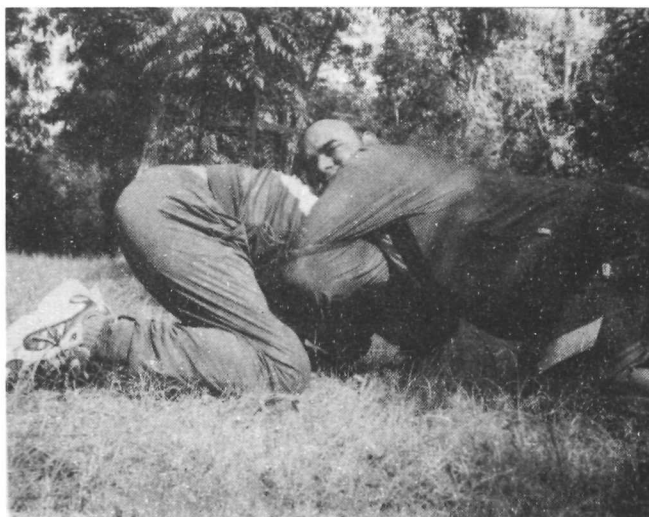


Fig.: 528 (20A) Single hand grip colundun (Ekhatthi Bangri)

air push him down and back binding his hands tightly shooting the legs to secure the fall. Likewise touch his both shoulders down upon the mat or soil from full pressure.

Brief details (Nichor):— 1. Face to face underneath kneeling position. 2. Binding opponent left hand in colundun grip. 3. Holding right arm taking hand in armpit. 4. Surpassing the head sideways. 5. Reverse roll with right hand grips jerk. 6. Making bridge in air fall the opponent down. 7. Controlling in pinning position.

20. B. Counter (Tor) Across ride (Arpardhar):— 1. Turning face to the left raising the head. 2. Rolling from hands grip. 3. Pinning the opponent from sideways roll. 4. Placing the legs both sides from step over. 5. Pinning the opponent from horse riding position.

21. A. Opposite grip colundun (Ulti bangri):— It is also a promising and fine colundun different to both the two above. In standing face to face or in kneeling face to face position when the opponent has surpassed his both hands in your armpits hold both arms from your hands. Now surpassing your head towards one side roll in the air pushing the opponent back and down to secure a fall from tight hand grips and shooting the legs backward. He will be pinned under you.

Brief details (Nichor):— 1. Face to face kneeling position under the opponent. 2. Pressing the opponent hand in armpits. 3. Holding arms right. 4. Surpassing the head sideways lying reverse. 5.

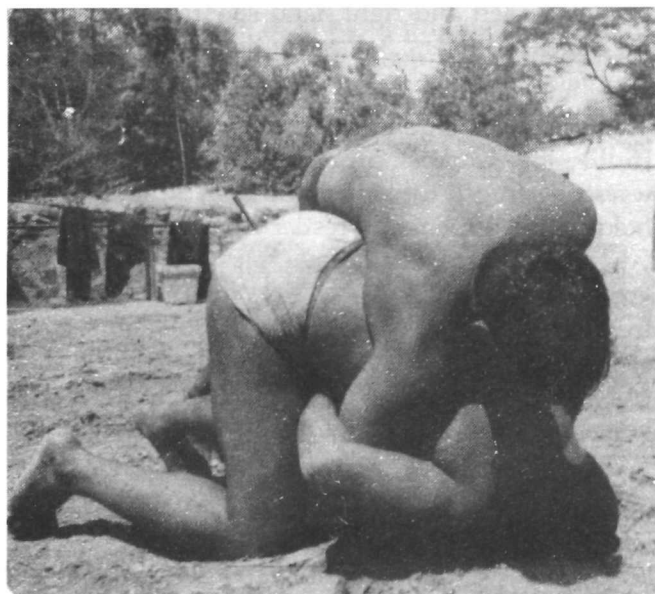


Fig.: 529 (22A) Side slip (Bagli)



Fig.: 530 (23A) Side slip (Bagli)

Making bridge in the air pinning the opponent down by the pressure.

21. B. Counter (Tor) Hand bar (Danda):— 1. Shooting the legs one side to the opponent. 2. Sitting in Hanuman stance holding waist. 3. Applying right hand bar or rolling. 4. Pinning down from swing. 5. Step over the leg and turning the face.

22. A. Side slip (Bagli):— It is also a promising hold of pinning the opponent from underneath position which is usually applied by the Indian wrestler. While sitting under the opponent in kneeling position to his right. When he holds year long crotch of your right hand, holding his left wrist over gripping his elbow from your another hand gripping your left leg in his right leg roll towards the left side lifting your leg up. Now turning face and pinning him down step over upon him and control the fall by tilting weight upon him.

Brief details (Nichor):— 1. Underneath the opponent in kneeling position. 2. Over gripping his left hand. 3. Gripping his right leg inside. 4. Turning face. 5. Rolling upon the head. 6. Step over and fall.

22. B. Counter (Tor) Flattening hold (Lamlet):— 1. Left side to the opponent surpassing. 2. Right hand in the thigh forward drive. 3. Stopping the side slip by flattening.

23. A. Side slip. (Lipat Bagli):— It is very promising hold to pin the opponent from underneath position. Which is generally used by the Indian style wrestling and is very much use for free style as well as Greco-Roman wrestling. While sitting under the opponent in kneeling position for the application of side slip pas quite under the opponent body and over grapining his elbow from

your right hand hook lift him from the buttocks rolling upon the head sideways and after inning him sideways step over your body upon him.

Brief details (Nichor):— 1. Underneath the opponent. 2. Passing under the opponent's body. 3. Bending the elbow from right hand. 4. Basing upon hand and head rolling. 5. Pinning towards right step over. 6. Holding fall.

23. B. Counter (Tor) Hooked half Nelson Sanjhi):— 1. Left to the underneath opponent hooked right elbow. 2. Half Nelson by left hand. 3. Pinning by push of chest. 4. Holding by flattening.

24. A. Reverse fireman's curry (Ulti Kalajang):— It is also a promising artful hold to pin the opponent from underneath position. While in face to face kneeling position holding opponents right arm in left hand and passing his hand in left armpit surpassing the head under the head under his armpit sideways holding his right thigh from the right hand to pin the opponent placing the head apply a reverse roll upon the opponent wrestler falling him down and making himself fall upon his body crosswise.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Holding his right arm and hand under armpit. 3. Holding thigh from the another hand. 4. Reverse roll crosswise upon the rival. 5. Pinning him down and himself up.

24. B. Counter (Tor) Bridge (Pul):— 1. Making bridge upon head and legs. 2. Shoulders up.



Fig.: 531 (26A) Round snap (Chakkar Girah)



Fig.: 532 (24A) Reverse fireman's curry (Ulti Kalajang)

3. Flattening after releasing hold.

25. A. Round snap (Chakkar Girah):— It is the fine hold of free style wrestling to pin the opponent from face to face standing position. Fighting upon the right and left stance hold his leading right leg from your both hands as ankle from the left hand and calf from the right. Take the leg sideways to your left. Now holding his waist from the right hand fall him in a circle towards right side moving from hands.

Brief details (Nichor):— 1. Right and left stance. 2. Lifting left leg up, sideways. 3. Holding waist from right hand. 4. Moving opponents body right side. 5. Pinning the fall. 6. Holding fall facing right.

25. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Bending the knees holding opponents left and right hand separate. 2. Holding the edges of fingers. 3. Passing the hands down side alternately. 4. Face to face position.

26. A. Back side leg tackle and back stack (Ulti Jholi):— It is most promising hold of free style wrestling to pin the opponent from behind. Which holding the opponent wrestler from behind surpass yourself to the left side and all a sudden, taking your left towards his left side hold his right leg from this hold by bending down. Use another hand also holding left leg mean to say lift his both legs from your both hands. Raising the trunk up fall him behind touching his shoulders down and legs up.

Brief details (Nichor):— 1. Holding the opponents waist from behind. 2. Passing sideways left. 3. Taking right hand from his left holding right leg reverse. 4. Holding left leg reverse from left hand. 5. Holding both legs tight dropping behind in pinning position.

26. B. Counter (Tor) Scissor (Kainchi):—1. One leg across the forward. 2. Another leg across back-side across his legs. 3. Both legs scissor. 4. Dropping back in pinning position upon buttocks.

27. A. Opposite lock roll (ghera):— It is also a fine hold of free style as well as Greco-Roman wrestling to pin the underneath wrestler. While sitting face to face in kneeling position when you have pressed wrestler by chest. Surpass both hands from the armpits upon his neck in reverse position facing the palm upside. Now taking the kneeling position press down his neck at every movement as his head will be down and legs up. Likewise let him roll upon the head and pin him sideways.

Brief details (Nichor):— 1. Face to face kneeling position. 2. Pressing him down by the chest. 3. Surpassing both hands reverse from the armpits. 4. Pressing down the neck sitting upon the mat. 5. Passing his back kneeling position. 6. Pressing the neck roll the opponent upon the neck. 7. Pressing the fall.

27. B. Counter (Tor) Colundun (Bangri):— 1. Raising up peeling the hands from the neck. 2. Binding reverse both side hands. 3. Kneeling position and surpass the head sideways. 4. Pinning the rival from roll. 5. Himself up and the opponent downward shoulders touching the mat.

28. A. Gripping hand sideways roll (Ghori):—It is also a promising hold of free style wrestling. Which is generally used by the Indian wrestlers. While sitting underneath the opponent wrestler towards right in kneeling position holding his left hand wrist from your right hand gripping his elbow also from your left hand and grasp his wrist. Now applying inner leg trip toll sideways lifting the leg up so that he falls sideways lifting the leg up so that he falls sideways. Then at once throw your left leg across his body and straightening your hands



Fig.: 534 (26A) Back side leg tackle and back stack (Ulti Jholi)

up sit upon the opponent like a large rider. Now surpassing forward pin him down and control him by tilting weight upon him.

Brief details (Nichor):— 1. Binding his left hand from both hand. 2. Applying inner leg trip. 3. Basing upon the shoulder and head rolling sideways. 4. Throwing body upon him riding on him.

28. B. Counter (Tor) Hanuman stance (Hanuman Paintra):— 1. Raising up making hanuman stance. 2. Defence from stopover. 3. Holding down by grasping wrist.

29. A. Counter (Tor) Side slip (Bagli):— Side slip also is a fine hold of free style wrestling to pin the above wrestler from underneath position. While sitting underneath the opponent wrestler in kneeling position surpass sideways where the opponent is not sitting. Holding his both hands alternately from the wrist landing the knees straight and together each other applying outer leg trip facing to another side roll sideways landing upon the buttock, now throwing body upon the rival pin him by pumping body weight upon him.

Brief details (Nichor):— 1. Underneath the opponent. 2. Holding both wrists from own hands. 3. Applying outer leg. 4. Making elbow stand rolling. 5. Landing upon the buttocks. 6. Rolling sitting upon the buttocks. 7. Fighting the hand tuning face. 8. Holding the chest by hand pinning the opponent.



Fig.: 533 (27A) Opposite lock roll (Ghera)

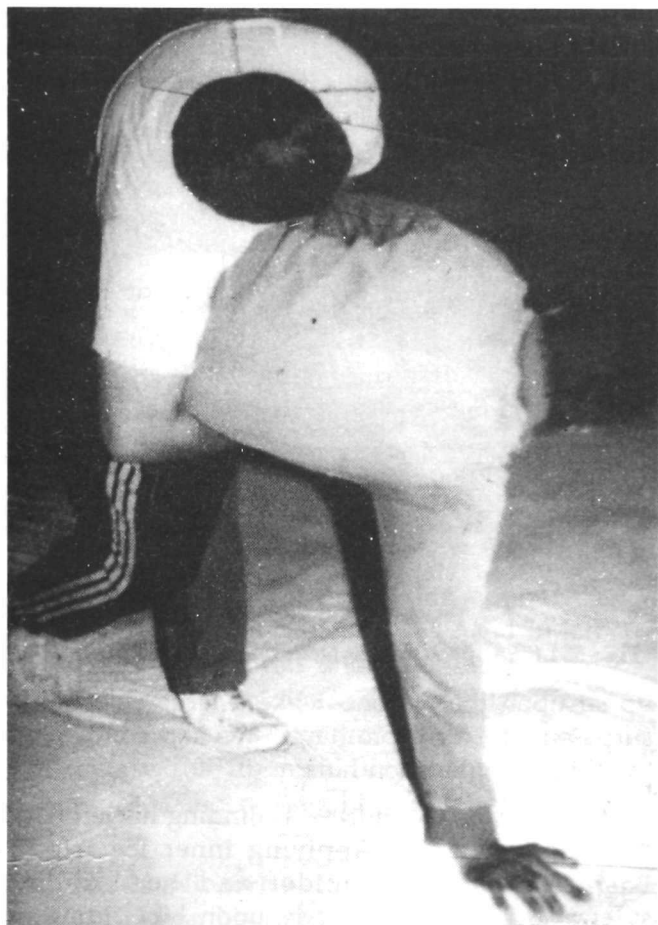


Fig.: 535 (31A) *Leg bar and turn (Pustang)*

29. B. Counter (Tor) Flattening (Lamlet):— 1. Above towards left. 2. Holding waist from right hand. 3. Dropping right hand in his thigh. 4. Raising the thigh up surpassing left.

30. A. Side roll (Bagal Ghoom):— It is a patent hold of free style wrestling to pin the upward wrestler from underneath position. While sitting right side under the opponent in kneeling position hold his right hand wrist from the right hand meeting the right knee with left at 90 degree standing position and applying left hand as switch land upon the right buttock at a right angle facing to the another wrestler. He will be pinned sideways as a result of roll. Hold him there by tightening the grips and facing towards him.

31. A. Leg bar and turn (Pustang):— It is the very popular hold of Indian style wrestler used in free style wrestling. Which the opponent wrestler have locked his hands around your wrist from behind, grasping the right hand wrist and placing the right hand down and straight way and making

the trunk round downward pulling hand grip extending the right leg outside his right leg behind quite straight land upon the left buttock facing to left keeping the legs straight in the shape of scissor. As a result of this movement the opponent will fall towards your left side hand control him there by tightening the grip.

Brief details (Nichor):— 1. Opponent holding from behind. 2. Holding right stance from left hand. 3. Cling hand with the body. 4. Placing right hand straight. 5. Placing right leg as a outer leg bar. 6. Landing upon the buttock. 7. Dropping the opponent with swing. 8. Stand of right leg and right hand. 9. Tightening the grip, facing reverse holding the fall.

31. B. Counter (Tor) Drive Rela:— 1. Holding opponents left ankle in left hand. 2. Lifting the ankle. 3. Leg hit from inside. 4. Drive him forward and flatten.

32. A. Side roll (Bagal Roomi):— It is also a older hold of Indian style wrestling now used in free style wrestling to pin the opponent from underneath position. While sitting under the opponent in kneeling position for application of this hold pass by the right side and hold his right hand wrist from your right hand and placing the left hand straight down placing the knees straight perpendicularly, land upon the right buttock on a right angle facing to another side so that he will be rolled to pinning position sideways.



Fig.: 536 (27A) *Side slip (Bagli)*

Brief details (Nichor):— 1. Sitting underneath the opponent towards right. 2. Holding right wrist from right hand. 3. Left hand soon. 4. Knees perpendicular. 5. Joint right knee from the left. 6. Elbow soon. 7. Landing upon the right buttock. 8. Left side swing. 9. Tightening the grip.

32. B. Counter (Tor) Forward drive (Rela):— 1. Placing right leg forward between his legs. 2. Drive the opponent forward from both hands. 3. Kneeling on Hanuman stance. 4. Making the opponent flat down.

33. A. Ankles lift and colundun (Palti Mujja):— It is very patent hold to pin the opponent from face to face kneeling position. While assuming face to face kneeling position at any time when you surpassed your head down the rival pass your head in between his legs, holding his both thighs make your trunk straight to left he opponent in kneeling position. Now bind his both hands from colundun hands grip and fall him behind rolling upon your head from a fast swing. Tilting weight upon your back and shoot both legs forward control him in the pinning position.

Brief details (Nichor):— 1. Face to face position. 2. Kneeling position. 3. Head inside. 4. Holding ankles from hands. 5. Straightening the trunk. 6. Binding the hands reverse. 7. Lifting the head throwing him behind. 8. Controlling fall by tilting weight and shooting legs.

33. B. Counter (Tor) Bridge (Pule):— 1. While colundun movement making bridge lifting the shoulders up. 2. Cross the arena applying three rolls.

34. A. Standing sarotha (Khari Janeuu):— It is a patent hold of free wrestling to pin the opponent from face to face position. Standing face to face upon the right stance. Hold his neck placing your right hand around. Now holding his right thigh from your left hand make, both hands grip so that his throat and leg may be joint together. Now shooting your left leg forward to left side facing right side roll the opponent upon his head landing upon the right buttock. While pinning movement basing upon your head step over body upon the rival crosswise to holding there.

Brief details (Nichor):— 1. Face to face right stance. 2. Right hand around the neck. 3. Holding right thigh from left leg. 4. Head and thigh joint together. 5. Right leg amid the legs. 6. Shooting left leg forward to left. 7. Landing upon right buttock

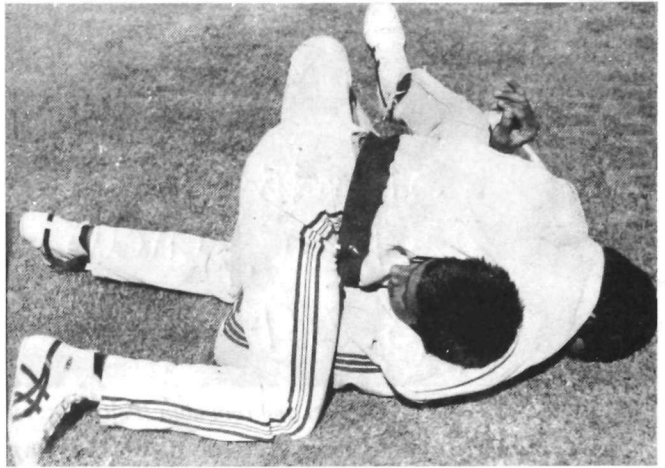


Fig.: 537 (34A) *Standing sarotha (Khari Janue)*

roll upon head. 8. Facing towards the rival. 9. Rolling himself upon the head. 10. Step over cross wise upon the pinning opponent.

34. B. Counter (Tor) Under arm sweep standing. (Khari Bagal Doob):— 1. Stepping outside and upward jerk. 2. Holding left hand arm. 3. Reading behind. 4. Hands lock around the waist.

35. A. Side swing hold (Katti):— It is a hold of strength to pin the opponent from face to face standing position can be used in Greco-Roman wrestling. While standing face to face upon right stance hold his neck from your right hand. Now grasping his left hand from the wrist and swinging heither and theither of a sudden, jerking the neck down and pulling his hand lift him up from the mat or soil arena, so that he may fall towards your left side.

Brief details (Nichor):— 1. Face to face right long stance. 2. Right hand a round the neck. 3. Holding right hand wrist from the left hand. 4. Swinging the hand and pulling it down drop the opponent in pinning position all of a sudden.



Fig.: 538 (35A) *Side swing hold (Katti)*



Fig.: 539 (33A) Ankles lift and colundun (Palti)

35. B. Counter (Tor) Head out (Gardan Nikal):— 1. Releasing the hold by bowing the neck down. 2. Peeling hand of hand grip from the arm bar. 3. Releasing the hold, face to face position.

36. A. Double hand grip and turn out (Jorajori):— It is very fine and patent hold of free style wrestling to turn out from the underneath position. Sitting down underneath the opponent in kneeling position hold his left hand wrist from your right hand and grasp the same hand from the left hand a bit above. Now sporting the elbow joint with the head turn out sideways slowly-slowly and reach face to face becoming free.

Brief details (Nichor):— 1. Underneath the opponent. 2. Holding the left hand wrist from right

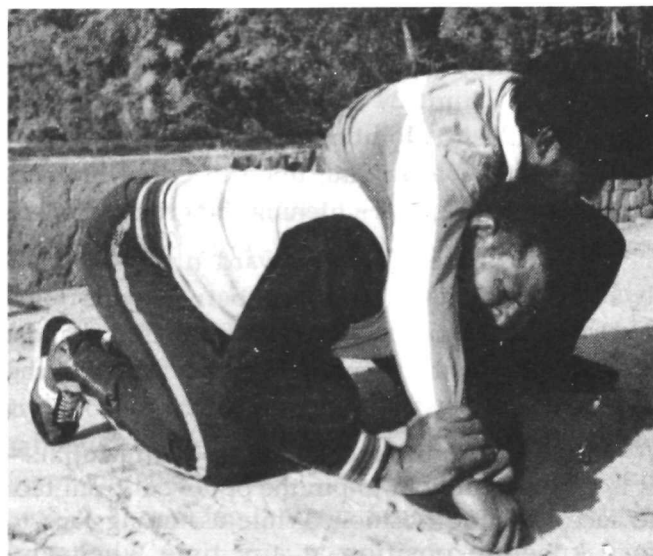


Fig.: 540 (36A) Double hand grip and turn out (Jorajori)

hand and left hand from above. 3. Tight grip and head in the elbow. 4. Surpassing from sideways coming face to face. 5. Standing face to face.

36. B. Counter (Tor) Rolling hold (Ulatna):— 1. Putting the hand open shoulder upon the neck. 2. Sitting in Hanuman stance. 3. Lifting him from buttocks. 4. Rolling upon the head. 5. Turning the face to the another side. 6. Pinning by step over.

Face to face from underneath to upward, from upward to underneath the pinning International wrestling holds and the counters given forward in the book.

Double leg tackle, Leg pick, Plan, Dummy hold, Back hit, Neck lever body press, Side salto, Hands Around, Wrist grip, Opposite Ankle, Fortak, Neck body grip and floating turn, Neck body hold and turn, Double wings, Single Wing, elbow squeeze, Inside leg trip, Leg wrist grip, Thigh tap, Leg and neck tie hold, Hand grip and knee tap, Ankle grip, Leg twist, Leg apart front pin, cross arm lock, Leg crotch, Leg apart fall, Single leg hook, release hold. Forward snap, Single leg picks, Pulling holds, Leg picks, Leg trip, Head press, Pinning lift, Leg crush, Around Swing, Pinning Swing, Around Roll, Pivot leg hold, Back Fall, Around throw, Forward pull, Nelson and Forward press, Forward press standing grip, Free throw. Forward pull, Leg pick and cross leg, Cross scissor, Single leg pull, Double leg pull, Head trouble roll, Ring hold, creatures hold, Rolling scissor etc. The International holds and the counters given in the book forward.



Fig.: 541 Rolling upon the head this conditioning used in many rolling holds as well as many step overs

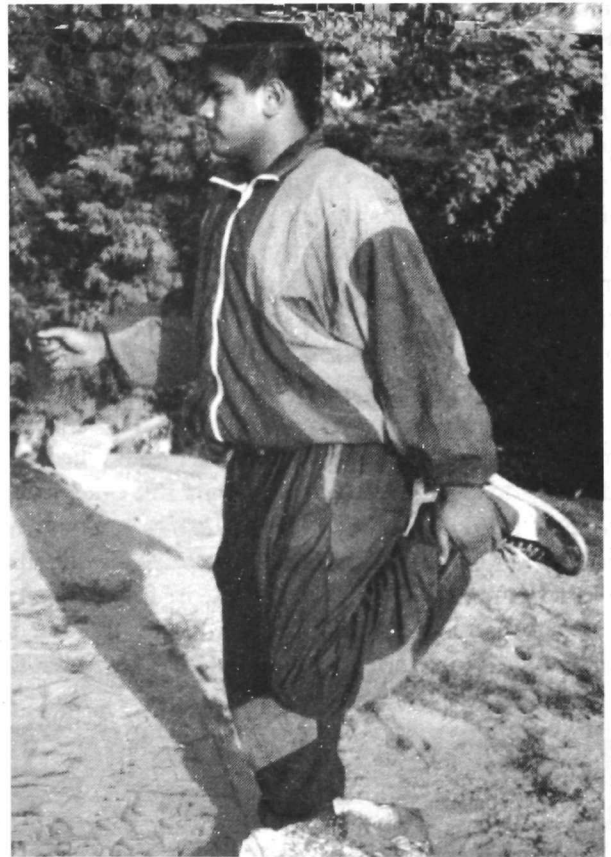


Fig.: 542 Conditioning exercise one legged walk useful for many standing holds like whizzer hold

Misc. International pinning holds from standing as well as sitting position, escapes from underneath position and counters given in the chapter. Conditioning exercises for application of holds.

In this chapter from face to face from underneath to upward, from upward to underneath Misc International free style and Greco-Roman both type of holds have been described in details as aforesaid for which the same kinds of conditioning exercises are required for application of holds.

The conditioning exercise for Double leg tackle has been written before. Holds like picks, Back fall etc. are applied by bowing the upper portion down for which bending the trunk exercises are essential so wrestler should adopt P.T. exercises. For the dummy hold one have to practice to fall down like a dead body or dummy. In back hit and neck lever body press need not much actions except applying power as side salto and hands around also require power application whereas opposite side ankle require P. T. exercises and in wrest grip practice of wrist grip is needed. For neck body grip and floating turn and neck body hold and turn holds wrestlers should practice the conditioning exercise sitting down upto buttocks by straightening the right leg forward in the air, In single wing and double wing hold bending P. T. exercises and squads of weight exercises are required. For Barat hold the practitioners should adopt the exercises of rolling sideways closing the hands with body from kneeling position solidarity. Inside leg trip, Leg wrist grip, Thigh tap, Leg and Neck tie hold, Head grip and Knee tap, Ankle hold etc. holds are applied from waist action for which P.T. exercises of trunk are very essential for practical application. So the wrestlers should do the trunk exercises bowing forward as well as bending backward and sideways also whereas for leg apart fall one should practice for Hanuman stance placing knee down and the other leg as a stand. Likewise the applier have to bend down to lift the leg in forward snap so the wrestlers should practice to lift the leg up from downward so adopt waist exercises as the



Fig.: 543 Conditioning exercise sporting bridge (Pul)

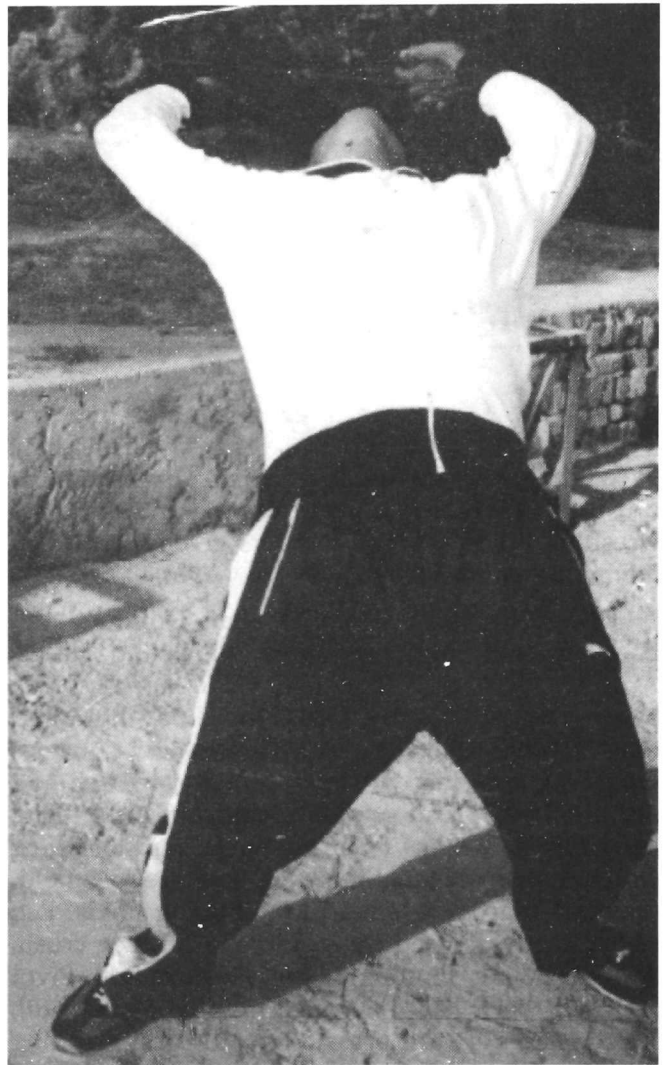


Fig.: 544 Rainbow position wall bridge (Pul)

same P. T. exercises are required in single leg picks, Pulling holds, Leg picks, Leg trip as the wrestler should bend this trunk down for quick action. For pulling hold and back pull holds do practise of pulling the opponent from both hands. Head press is a simple hold in which one have to bow down a bit whereas in pinning lift the applier have to lift the opponent making Hanuman Stance which can become simple by practice eligibility is required for the same. In pinning swing also the waist should be agile. So do the trunk exercises.

In pinning swing hold the wrestler have to bow forward and to do the sideways reverse waist action for which trunk exercise is essential. Around roll is action of bending and lifting the weight. One hand to make Hanuman Stance in pivot leg hold whereas in rider upon own back for the same cart wheel and rolling exercises are essential. Around throw and

Body drag both are the holds of power for which hand stand legs of the wrestler should be stout. Press down hold require the agile waist where as one can practice the leg hit hold upon any tree by hitting it again and again. Cross leg hook, cross leg drive, konde etc. require the practice of Hanuman Stance. Nelson and forward press also require the practice of Hanuman Stance. In leg hook and leg pick and leg cross hold agility of waist is required as in single leg pull and double leg pull hold the opponent is dragged by both hands force in the centre of the mat or sand arena. In head trouble roll one have to roll the opponent upon the head by making Hanuman Stance whereas ring hold is a riding hold for which simple practice is required. Likewise for Fireman's carry practice of rolling forward and sideways whereas the pushing hold is a simple hold. Body turn is applied by hands power and kneeling position whereas scissor and rolling scissor other applied by the turning of waist from Hanuman Stance. Mean t say in of application of each every hold agility of trunk is essential whereas practice of Hanuman Stance, Kneeling position, bridge making, Body Circle, Cart wheel and rolling forward and sideways are very essential for the same.

1. A. Double leg tackle (Pat Nikalna):— It is a fine hold of free style wrestling. Standing face to face upon the right stance tackle his both legs with your both hands from kneeling position surpassing the head sideways to the left. Closing his legs lift him upon your right shoulder. Now swinging his leg towards left binding from the left hand drop him in pinning position towards your right side.



Fig.: 545 (3A) Leg pick inside trip (Ektangi Tang)



Fig.: 546 (1A) Double leg tackle (Pat Nikalna)

Brief details:— 1. Face to face right stance. 2. Kneeling position. 3. Tackling both legs. 4. Lift him upon right shoulder. 5. Holding legs from left hand. 6. Swinging legs towards left. 7. Pinning the opponent towards right.

1. B. Counter (Tor) Standing hand bar (Khari Patti):— 1. Cross face bar from right hand. 2. Holding opponents left upper arm. 3. Releasing the grip by face bar. 4. Hold his waist from behind alternately.

2. A. Leg Pickup (Ektangi):— It is a promising and simple hold to take the opponent underneath. Standing face to face upon right stance holding his right leg pick it up. Now pulling his another leg ankle from your right leg knot drop him down and control him easily.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting right leg holding from both hands. 3. Holding it in left armpit. 4. Dropping him down by ankle knot.

2. B. Counter (Tor) Scissor (Kainchi):—1. Surpass the leg into another thigh. 2. Turning down placing both hands sideways. 3. Shooting the another leg before his back leg. 4. Fall the opponent in reverse position by scissor. 5. Sitting upon buttocks and hands.

3. A. Leg pick inside trip (Ektangi Tang):— It is good hold to pin the opponent from face to face standing position holding his right leg with both

hands pick it up and tie up it in your left armpit. Now stepping forward surpass your right leg in between his legs and crossing it before his left leg as a inside leg bar push him towards his back in the pinning position.

Brief details (Nichor):— 1. Face to face right stance. 2. Picking up his right leg. 3. Holding it in left armpit. 4. Stepping forward crossing the right leg. 5. Leg bar across his left leg. 6. Dropping reverse in pinning position.

3. B. Counter (Tor) scissor (Kainchi):— 1. Surpass the pick up leg into another thigh. 2. Standing upon hands sideways. 3. Shooting the another leg across his legs behind. 4. Turning upon the buttocks and hands. 5. Dropping the opponent backward in pinning position.

4. A. Plan (Plan):— It is a very fine hold to pin the opponent when he is upward in free style wrestling. When the opponent have applied for scissor sitting upon you walking forward in kneeling position release his left grapine leg free



Fig.: 547 (6A) Leg hit (Bhainsakhori)



Fig.: 548 (4A) Reverse ride (Ulat Sawari)

and left his leg be out by straightening your left leg, behind and so the another leg. This you can be free from the four scissor.

Brief details (Nichor):— 1. Opponent riding upward applying four scissor. 2. Walking forward in kneeling position. 3. Straightening the left leg. 4. Doing free the grapine leg. 5. Likewise the another leg.

4. B. Counter (Tor) Ride (Sawari):— 1. Applying again four scissor. 2. Pushing his arms toward behind armpits. 3. Flattening the opponent forward by jerk.

5. A. Dummy Hold (Putla Pench):— It is a free style hold of power to pin the opponent from face to face position. While standing face to face upon right stance grasp his right hand in your left armpit and holding his upper arm with both hands fix your chin upon his right hand. Now pulling his hand forcibly and closing right leg with the left leg in attending position drop your body left side in loose position like a dummy or dead body facing towards left so that he may be able to fall towards your right. Afterwards dropping your right and upon his chest control the fall.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Holding his right hand in left armpit. 3. Holding his upper arm from both hand. 4. Fixing the chin upon right shoulder. 5. Pulling the hand forcibly. 6. Closing right leg with the left. 7. Dropping himself left side like dummy with the opponent. 8. Control him fall by putting right hand across his chest.

5. B. Counter (Dummy hold (Putle Pench):—

1. Face to face right stance.
2. Grasping left hand in the armpit holding the upper arm.
3. Chin upon the arm.
4. Pulling the arm forcibly.
5. Closing legs.
6. Dropping himself towards left with the opponent.
7. Control fall by putting right hand across the chest.

6. A. Leg hit (Bhaisakhori):— It is also a hold of strength in free style wrestling which is simple too while standing face to face upon the right stance hold his right hand into your left armpit holding his upper arm closing your chest with his chest and putting the chin upon his arm taking the legs parallel in easy position. Now surpassing your right hand in his left armpit. Holding him tightly apply right leg hit upon his across his right leg and pushing him towards back with your body with him downward in your front.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Holding right hand into left armpit. 3. Closing chest with chest chin upon arm. 4. Surpass right hand into his left armpit. 5. Legs parallel holding the opponent tightly. 6. Hitting from right leg upon his right leg. 7. Pushing him back pin him down.

6. B. Counter (Tor) Heavy spin (Dawwa):— 1. Binding both arms face to face. 2. Turning direction lifting him upon buttocks. 3. Legs parallel. 4. Dropping towards right from jerk. 5. Facing to another side. 6. Pinning towards right. 7. Shorting legs forward.



Fig.: 550 (7A) Neck lever and body press (Mall Maror)

7. A. Neck lever and body press (Mall Maror):— It is promising hold of Greco-Roman and free style wrestling to pin the opponent twisting him by the hands power while standing face to face upon right stance, pulling his head from your right hand from the sharp jerk encircle his neck in your right armpit and surpassing your left hand from his right armpit across his back place your left leg in between his legs. Turning face towards right twisting and pressing him with the both hands power closing your chest with his chest pin him down forward and press him from your body weight easily.

Brief details (Nichor):— 1. Standing face to face upon right stance. 2. Pulling head forward. 3. Encircle his neck in right armpit. 4. Surpass your left hand from his armpit. 5. Turning right placing left leg in between his legs. 6. Pin him forward. 7. Press him from body weight.

7. B. Counter (Tor) Heavy Spin (Dhawwa):— 1. Right leg upon his left shoulder. 2. Holding right thigh from the left hand. 3. Pulling thighs dropping down by shoulder push.

8. A. Side Salto (Seenajori):— It is a patent hold to pin the opponent from face to face standing position. While upon right space hold him from the both hands surpassing under the armpits. Lifting him up placing legs parallel making are backside at once take turn towards left side hitting his left leg and fall him down putting the body weight upon him.

Brief details (Nichor):— 1. Face to face standing position. 2. Holding up position from both hands. 3. Both legs parallel. 4. Bending the knees lifting



Fig.: 549 (9A) Hands around (Hath feri)

him up in rainbow arc. 5. Turning left and left leg hit. 6. Dropping in pinning position. 7. Control him by tilting weight upon him.

8. B. (Tor) Leg crush (Baja):— 1. Chest to chest. 2. Pushing him backward applying leg hit back behind.

9. A. Hands around (Hath feri):— It is a fine hold of Indian style of Greco-Roman free style wrestling to hold the opponent from behind. While standing face to face on right stance surpassing both hands from his armpits hold his upper portion and placing your right leg in between his knees swinging his legs sideways surpass your body between him from his right armpit and hold his waist from both hands.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding upper portion from both hands. 3. Placing right leg between legs. 4. Bending towards left pulling the opponent. 5. Pushing the hands up by jerk upside. 6. Turning the face towards left surpassing himself from armpit. 7. Reaching behind holding the opponent.

10. A. Wrist grip and ankle fold Kalai Pakar Mujja Khainch):— It is also a promising hold of free style wrestling to pin the opponent from face to face standing position. While standing face to face upon right stance grasp his right wrist in both hands grip. Now landing the right knee hold his left ankle from your left hand and pin him forward by pulling it with force.

Brief details (Nichor):— 1. Face to face position. 2. Holding right wrist from both hands. 3. Landing right knee holding his left ankle from



Fig.: 552 (10A) Wrist grip and ankle hold (Kalai Pakar)

left hand. 4. Pulling the ankle pinning the opponent forward.

10. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Applying hand bar downward the holding hand. 2. Peeling hand and becoming free.

11. A. Fartak (Chakli):— It is also a promising hold to pin the opponent from face to face standing position upon right stance. Offer your right leg to the opponent and surpass it forward in between his legs bend his head down holding his left shoulder and sporting your left leg sideways roll reverse upon your right buttock making cart wheel upon your head throw him behind in pinning position.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right leg from the opponent in between legs. 3. Bending his head down by right hand. 4. Holding right leg from left hand. 5. Shooting the left leg. 6. Placing the right buttock. 7. Rolling upon the head in reverse position. 8. Pin him backward.

11. B. Counter (Tor) Leg crush (Chapet):— 1. Lifting left leg up taking in between legs. 2. Right hand hit behind the another leg. 3. Falling down reverse. 4. Holding pin stepping forward.

12. A. Neck body hold and turn (Toor-danish):— It is a world famous and promising hold to pin the opponent in twinkling of an eye to pin the opponent wrestler from face to face standing position. While standing upon the right stance, bowing his neck down from hand snap hold it in your right arm pit and surpass both your hands forward in his armpits and make both hands grip upon his back. Now placing your right leg in

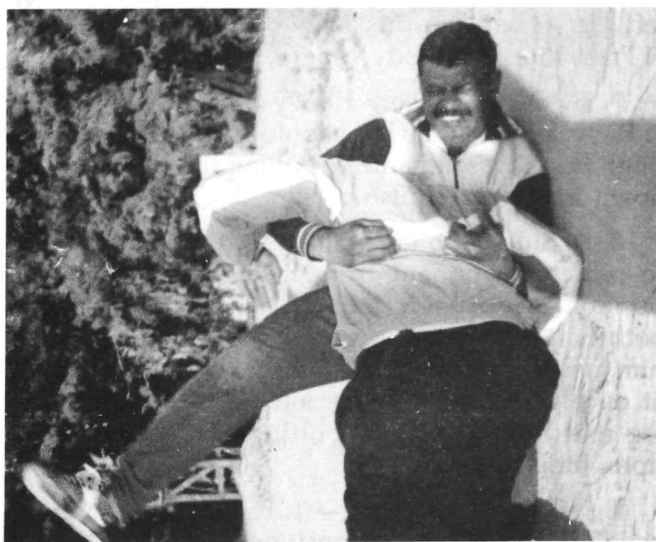


Fig.: 551 (12A) Neck body hold and turn (Toor-danish)

between his legs and shooting your left leg towards the opponent's right side, facing left and landing upon the left buttock immediate floating turn towards the left so that the opponent fall down in pinning position by means of the roll and taking body weight upon him placing legs like a rider.

Brief details (Nichor):— 1. Face to face standing position. 2. Pulling head down. 3. Grasping neck under right armpit. 4. Surpassing both hands upon the back under armpits. 5. Both hands grip. 6. Right leg in between legs. 7. Shooting left leg sideways. 8. Landing upon right buttock taking floating turn upon left buttock. 9. Floating turn towards left. 10. Sitting upon the fall wrestler like a rider.

12. B. Counter (Tor) colundun (Bangri):—

1. Holding hands in armpits. 2. Kneeling position. 3. Surpassing head sideways. 4. Rolling side ways. 5. Pinning him downward and himself upward.

13. A. Double wings (Do Pankhi):— It is a patent hold of pinning the opponent from face to face standing position in free style wrestling. While standing upon the right stance pull the opponents head down or as he tackles your leg pushing his head down from one hand surpass your another hand upon his neck reverse from his back under his armpit. Now surpassing the another hand upon his neck facing the palm upward. Surpassing both hands upon the neck being sideways throw him backward towards right in head down reverse rolling position by lifting him from the right bending knee sport down the belly. He will be pinned towards your right. Now placing the buttocks down shooting the legs forward control the fall.

Brief details (Nichor):— 1. Face to face. 2. Taking the head down near the belly. 3. Both hand surpassed



Fig.: 553 (15A) Inside leg trip (Kanti Tang)

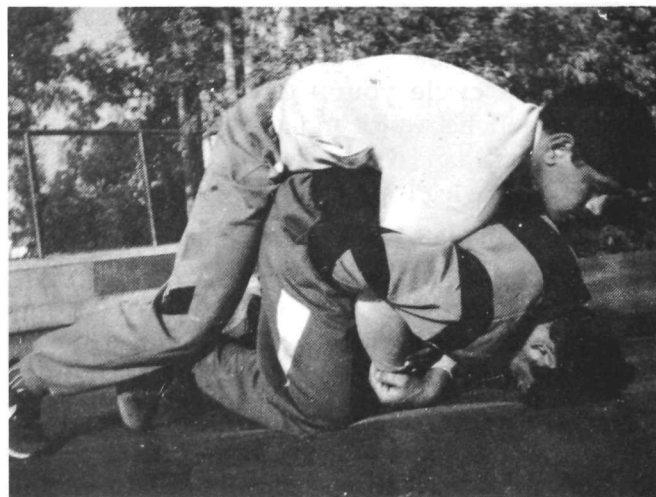


Fig.: 554 (14A) Barat (Barat)

upon the neck in reverse position. 4. Own head sideways. 5. Rolling him backward by knee sport on his private parts. 6. Rolling him upon head pinning in reverse sideways. 7. Sitting upon buttock shooting legs forward. 8. Pressing fall pulling with both hands.

13. B. Counter (Tor) Leg tackle (Pat Nikalna):—

1. Holding the opponent pressing down. 2. Placing the right leg amid his legs. 3. Head sideways. 4. Pulling by hands and shoulder push pinning down. 5. Holding fall.

14. A. Barat (Barat):— Barat is a patent hold of free style wrestling to pin the upper wrestler easily. When you are sitting under the opponent take a quite underneath position holding his elbows from both hands grip and lifting him up from the buttocks backing the head down take a right sideways roll facing left to pin the opponent facing the sky and landing the legs parallel to each other so that his shoulders should be touched down and you may be putting of weight upon him in flat position.

Brief details (Nichor):— 1. Kneeling position under the opponent. 2. Binding both elbows in hands. 3. Raising buttocks making the body round. 4. Facing left roll towards right. 5. Lying up and down flat. 6. Landing legs parallel and pressing down.

14. B. Counter (Tor) Half Nelson (Hafta):—

1. Becoming sideways. 2. Left hand Nelson from armpit. 3. Pushing the opponent chest from own chest. 4. Pinning the rival pressing him. 5. Shooting legs behind.

15. A. Inside leg trip (Kanti Tang):— It is also a promising hold of free style to pin the opponent

who holds from behind. While when the opponent is hold you from behind in standing position all of a sudden in circle your right hand in reverse position hand his waist and grasp his right hand from your left hand. Now bending forward facing left using inside leg trip pin him towards your right.

Brief details (Nichor):— 1. Holding waist of the opponent reverse from right hand. 2. Grapine right leg in left. 3. Grasping right hand in left hand. 4. Bending down. 5. Turning face. 5. Lifting leg and pulling hand. 6. Pinning the rival by jerk.

15. B. Counter (Tor) Back rolling (Laut):—1. Holding opponents left ankle from downward. 2. Lifting the ankle up. 3. Dropping forward by pressure. 4. Controlling the opponent in sitting position.

16. A. Leg waist grip (Kamar Tangri):— It is also a patent hold of free style wrestling to pin the opponent in standing face to face position. Standing face to face in right stance holding the rivals right leg in both hands take it in between your legs.



Fig.: 556 (16A) Leg waist grip (Kamar Tangri)

Placing the legs parallel raising your left leg up make his raised leg free and hold it, sideways to the left. Now stepping forward holding his waist from your right hand raising your right leg forward in between his legs apply leg trip upon his standing leg so that he may fall backward and control him there.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting right leg up. 3. Holding head from left hand. 4. Raising left leg taking his foot sideways. 5. Holding waist from right hand. 6. Stepping forward. 7. Using in side leg trip. 8. Pinning in front.

16. B. Counter (Tor) Scissor (Khainchi):— 1. When the leg is holding between legs. 2. Turning sideways to the right upon hand. 3. Hitting upon his lower legs by right leg crosswise. 4. Sitting upon hands and buttocks after roll. 5. Shooting the legs forward in scissor style. 6. Holding the opponent in pinning position from legs scissor.

17. A. Leg and neck tie hold (Gardan Tagri):— It is also a patent hold to pin the faced to face standing opponent which should be learnt by every wrestler. While standing upon the right stance lift his left leading leg up from both hands and take it in between your both legs under the buttocks. Now holding the head from left hand raise your left leg up and take carry the leg sideways in left. Lifting his leg up from left hand encircle his neck from your right hand and making both hands grip making his neck and leg tied. So that he may stand upon the single leg. Now using hit by your right



Fig.: 555 (17A) Leg and neck tie hold (Gardan Tagri)

leg upon his right upon him down towards his back with a sharp swing and control him there easily.

18. A. Fitle (Fitle):— Fitle is most familiar hold of the world wrestling that it is used in ever Olympic and world wrestling championship. The applier either pins his rival otherwise receives danger points. When the opponent is sitting underneath or is lying upon the stomach lifting his legs holding ankle cross the legs upon one another means right leg on the left ankle. However holding the right leg ankle in right armpit surpass your hand under his another foot and again hold the right leg thigh making a round. Now his legs will tied in your one hand tightly. Then placing the left hand bowing down and throw your body crossing his legs facing the left side and turn the opponent from this either he will be failed or will be in danger position.

Brief details (Nichor):— 1. Sitting upon the underneath wrestler. 2. Crossing the opponents ankles. 3. Grasping right hand under the right armpit. 4. Surpassing the right hand under another leg. 5. Holding the crosswise grip. 6. Placing the left hand down. 7. Turning the opponent making a roll crossing the legs upon a cross his legs. 8. Pin or danger the opponent.

18. B. Counter (Tor) Releasing the legs (Pair Chudana):— 1. Run forward. 2. Jerking the legs. 3. Becoming free from the hold.

19. A. Heel grip and knee tap (Eri Pakar):— It is also a promising hold of free style wrestling to drop the opponent down. While standing face to face upon right stance lift the rivals leg from both hands and keeping it in between the both legs

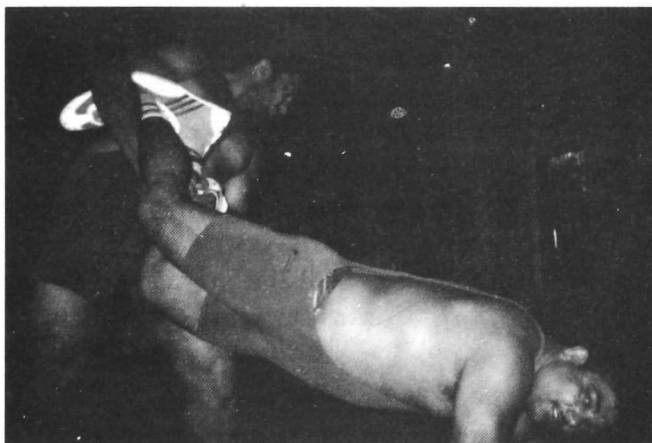


Fig.: 557 (18A) Fitle (Pair Maror)



Fig.: 558 (19A) Ankle grip and knee tap
(Gatta Pakar ghutantel)

bending forward surpassing your right hand forward in between his legs and apply a palm press upon his knee pushing him forward. As soon as you apply knee tap he will drop down in front of you in kneeling position. Afterwards you can control his back easily holding from both hands.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting leading leg. 3. Keeping the leg between legs. 4. Knee tap from right hand. 5. Driving him forward in kneeling position. 6. Holding waist from both hands.

19. B. Counter (Tor) Scissor (Kainchi):— 1. Grapine your toe in his thigh. 2. Placing both hand sideways. 3. Apply left leg hit behind across his legs. 4. Pinning down the opponent towards backside. 5. Resting upon hands and buttocks.

20. A. Leg twist (Tang Maror):— It is very simple and hold of power to pin the opponent from face to face standing position. While standing face to face lifting the opponents right leg up take it into left hand armpit. Now turning to left and encircling his waist from the right hand apply right leg hit upon his left leg so that he may be fall in front of your.

Brief details (Nichor):— 1. Face to face right stance. 2. Lifting right leg. 3. Keeping it in left armpit. 4. Encircle his waist. 5. Turning left. 6. Apply right leg hit inside. 7. Pinning the opponent towards left.

20. B. Counter (Tor) Twist (Jhatka):— 1. Turning flat upon hands base. 2. Releasing hold from jerk. 3. Turning face to face.

21. A. Legs apart front pin (Tang Katarangi):— It is also a promising free style hold to pin the opponent from standing. While in face to face right

stance position placing right knee forward upon the mat hold his both thighs surpassing head sideways. Now taking the leg down pull his ankle towards left and surpassing your right hand in between his legs hitting his left leg ankle from your hand palm pull it sideways so that both legs may be pulled and becoming apart as he will fall bitterly in front of you.

Brief details (Nichor):— 1. Face to face position. 2. Placing the right knee. 3. Holding both thighs in Hanuman stance. 4. Head sideways. 5. Pulling his right ankle sideways. 5. Pulling his left ankle sideways from the right hand. 6. Fall the rival in front.

21. B. Counter (Tor) Throat Trouble (Gal Khora):— 1. Spreading legs backward. 2. Right hand bar. 3. Another hand upon the thigh. 4. Releasing the thigh grips. 5. Surpass sideways. 6. Holding the waist from behind.

22. A. Cross arm lock (Sandi):— It is also a simple and preliminary wrestlers hold to pin the opponent in sitting position. While holding the underneath wrestler from left side holding his right hand pull towards left as a long crotch and keep his hand arm in left hand. Now shifting himself sideways crosswise holding his right thigh from the right hand push him forward closing your chest and pin him by shouting the legs backward and pumping weight upon his chest.

Brief details (Nichor):— 1. Opponent under-neath in kneeling position. 2. Holding his right arm from



Fig.: 560 (22A) Cross and arm lock (Lambi Sandi)

left side. 3. Pulling his long crotch by push. 4. Holding his right arm under left armpit. 5. Grasping right thigh from left hand. 6. Closing chest to chest crosswise. 7. Pinning by pushing forward.

22. B. Counter (Tor) Hand bar and step over (Dhar Marna):— 1. Turning face. 2. Placing head down. 3. Outer leg bar upon the thigh. 4. Pressing fall after throwing the body.

23. A. Neck crotch (Garden Maror):— It is also a simple and useful hold of free style wrestling to pin while standing upon the right stance hold his knee in your right armpit and turning to right side and placing the left leg amid his both legs, lift his right leg up by left hand bar from the hand palm. As a result of this action he will fall bitterly towards your right and then control the fall by tilting body weight upon him.

Brief details (Nichor):— 1. Face to face right stance. 2. Hold neck in right armpit. 3. Left hand bar under his right thigh. 4. Left leg forward. 5. Turning right and lifting rivals right leg. 6. Falling him towards right.

23. B. Counter (Tor) Twisting hold (Mosna):— 1. Holding opponents neck in armpit. 2. Change stance. 3. Surpassing left hand upon back. 4. Twisting the opponent with full power. 5. Pinning towards right. 6. Controlling fall shooting legs behind.

24. A. Release hold (Swatantar pench):— Though it is a out dated hold yet it is used in Indian style and free style wrestling. Many times according

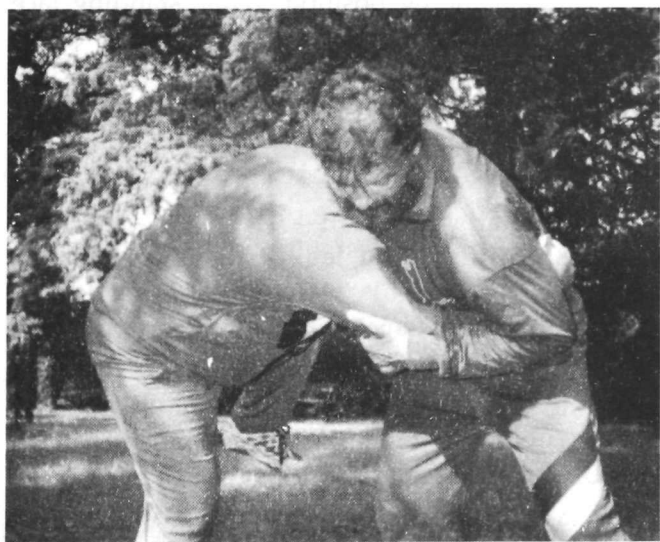


Fig.: 559 (23A) Neck crotch (Garden Maror)

to the situation. When the opponent is sitting underneath and you are not able to apply any kind of hold so for changing his position all of a sudden stand up releasing him and be prepare to hold him according to your situation so that you may be able to apply your hold.

Brief details (Nichor):— 1. Opponent Underneath in any position. 2. Releasing the hold. 3. Standing ready behind him for application of hold.

24. B. Counter (Tor) Side turn (Palti):— 1. Shooting legs forward resting upon buttocks. 2. Placing both hands behind. 3. Turning the direction.

25. A. Pulling hold (Khainch):— It is a simple type of free style and Indian style hold of power to pull the opponent while standing face to face upon the right stance hold the opponents right wrist in your left hand grip and pull his neck and hand both with a sharp jerk so that he fall down in kneeling position. Afterwards reading behind from sideways control him according.

Brief details (Nichor):— 1. Face to face right stance. 2. Holding right hand wrist. 3. Holding neck from right hand. 4. Pulling down from jerk in kneeling position. 5. Controlling from behind.

25. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Apply close fist hand bar hit under his hand. 2. Releasing the neck hold by turning the neck.

26. A. Shoulder and head pull (Kandha Gardan Kainch):— It is also a simple and preliminary hold of power generally used in Indian style wrestling can be used in Greco-Roman wrestling. While



Fig.: 561 (26A) Shoulder and head pull
(Kandha Gardan Kainch)



Fig.: 562 (25A) Pulling hold (Khainch)

standing face to face upon right stance bowing the opponent down all of a sudden pull his head from right hand and right shoulder from left hand as a result of that he should dropped towards your right side in kneeling position. Likewise you can control him from behind.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Holding head and shoulder. 3. Pulling down sideways. 4. Kneeling position. 5. Controlling him from behind.

26. B. Counter (Tor) Peeling hands (Hath Cheerna):— 1. Peeling hand from head. 2. Releasing the shoulder. 3. Or Again sideways turning.

27. A. Ankle knot (Anti):— It is also a simple hold of Indian style wrestling which can be used in free style wrestling to drop the opponent down. While standing face to face when both of you are holding each other arms, by pushing or pulling the opponent upon the left stance stepping forward lift his leading leg inside from your outside right leg ankle-knot and drop him towards the right and control the rival from behind.

Brief details (Nichor):— 1. Face to face upon right stance. 2. Both arms holds. 3. Changing opponents stance by push or pull. 4. Right leg ankle knot upon his left leg. 5. Dropping sideways. 6. Controlling the rival from behind.

27. B. Counter (Tor) Forward push (Jhatka):— 1. Turning towards mat facing down. 2. Placing both hands down. 3. Running forward releasing the leg. 4. Appearing face to face after turn.



Fig.: 563 (28A) Head push (Sir Daboch)

28. A. Head push (Sir Daboch):—It is also a simple and preliminary hold of Indian Style Wrestling to take the opponent down while standing face to face upon the right stance when he is fighting bending down his trunk or he tackles your leg at the same time press his head down so that he releases the hold and dropped in kneeling position. Likewise reaching from sideways hold him from behind.

Brief details (Nichor):— 1. Face to face position. 2. Pressing the head down by both hands. 3. Kneeling position. 4. Surpassing holding the waist from behind.

28. B. Counter (Tor) Head up (Ukas):— 1. Firing upon own stance. 2. Raising the head up. 3. Releasing the opponents hold.

29. A. Pinning lift (Paire Ukher):— It is a promising hold to pin the opponent from face to face position. While standing face to face upon right stance landing the right knee forward tackling his thigh with both hands and then landing both knees lift him forcibly upon the right shoulder. Afterwards standing the left leg or making



Fig.: 564 (31A) Around swing (Doam)



Fig.: 565 (29A) Pinning lift (Paire Ukher)

Hanuman stance surpassing left hand unto his legs place it upon the waist. Now encircle his waist from right hand and taking a swing side ways pin him down forward.

Brief details (Nichor):— 1. Face to face position. 2. Kneeling position leg tackle. 3. Lifting him upon shoulder. 4. Surpassing left hand unto legs. 5. Another hand round the waist. 6. Landing the right knee, Hanuman stance. 7. Dropping fall towards right.

29. B. Counter (Tor) Shooting legs behind (Paire Pasarna):— 1. Shooting legs behind. 2. Holding the opponent being flat upon thigh. 3. Applying right hand bar. 4. Reaching behind holding the waist.

30. A. Leg crush (Ulti):— It is also a simple hold face to face position. While in sanding or kneeling position holding his right hand ankle pull his left ankle so that he may be fall bitterly.

Brief details (Nichor):— 1. Kneeling position. 2. Holding his right hand wrist pull left ankle bitterly. 3. Falling towards right side.

30. B. Counter (Tor) Back jerk (Ulti Kainchi):— 1. Becoming flat. 2. Pulling forward releasing legs. 3. Face to face after turning.

31. A. Around swing (Doan):— It is also a simple hold of Indian Style Wrestling to control the opponent from behind. While standing face to face

upon right stance holding his both arms all of a sudden changing the grasp and holding the both arms from downward swing his hand right Sideways and stepping forward extending the left hand hold his waist from behind and control the opponent.

Brief details (Nichor):— 1. Standing face to face 2. Holding arms from both hands. 3. Changing the grip and holding arms from downward. 4. Swinging the hands sideways. 5. Stepping forward. 6. Holding waist from both hands.

31. B. Counter (Tor) Back fall (Ulti Kainchi):— 1. Changing reverse direction. 2. Running forward with jerk. 3. Face to face after release.

32. A. Holding (Godi):— It is also a old and simple hold of Indian style wrestling to pin the opponent from face to face standing position. When the opponent tackles your legs or bending in front of you. Pressing his head down from both hands surpass your right hand Under his right thigh facing the palm upside placing the left hand sideways down. Afterwards holding this leg from both hands and sitting the buttocks shooting the legs forward throw him sideways to the rolling



Fig.: 566 (34A) Around fall (Gindi)

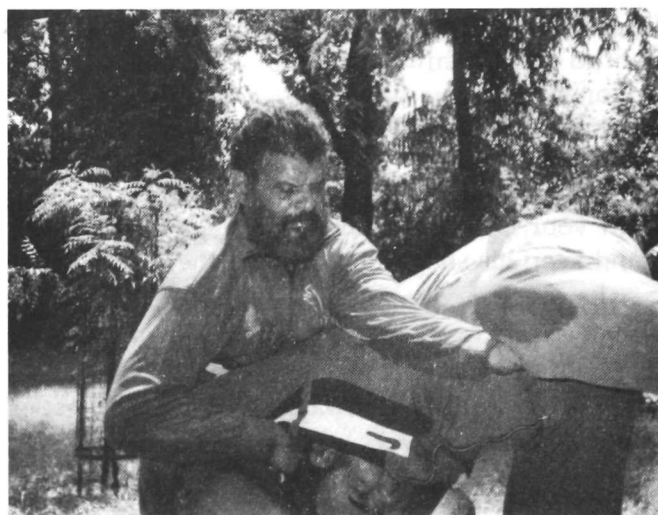


Fig.: 567 (32A) Holding (Godi)

upon the head. Control him in pinning position after turn.

Brief details (Nichor):— 1. Face to face. 2. Pressing the opponents head downward. 3. Surpass right hand under his right thigh. 4. Holding from both hands. 5. Shooting the left leg. 6. Rolling upon head in left side. 7. Sitting upon buttocks. 8. Holding fall turning sideways. 9. Shooting the legs.

32. B. Counter (Tor) Leg tackle (Patt pakarna):— 1. Leg tackle. 2. Head in belly. 3. Pulling by hands pushing by head. 4. Dropping fall in front.

33. A. Turn pick up (Katri):— It is also an oldest Indian hold to pin the opponent standing behind when the opponent is holding you from behind, turning towards sideways and stepping back hold his right ankle from right hand and then keeping it in both legs of surpass the leg sideways after lifting it up. Now applying inside leg hit drop him in the pinning position in front of you.

Brief details (Nichor):— 1 Holding waist by the opponent. 2. Turning right sideways. 3. Lifting right ankle. 4. Holding by both hands sideways. 5. Hitting his another leg from Inner trip. 6. Pinning the opponent behind him.

33. B. Counter (Tor) Body over (Dhar Marna):— 1. Placing the head and hand upon the mat or soil. 2. Throwing body upon the rival. 3. Placing the body across his chest. 4. Pinning the wrestler by pumping body weight.

34. A. Around fall (Gindi):— It is also a olden orient style wrestling hold to pin the wrestler holding

from behind. When the opponent is holding you from behind taking him upon your buttock lift the opponent holding his legs from sideways. After bending forward a bit and lifting the buttocks all of a sudden roll sideways to pin him. As a result of that both of you lying one upon the other. Now pressing from your back and making the legs parallel as a stand keep his shoulders touching the mat.

Brief details (Nichor):— 1. Opponent holding from behind. 2. Lifting the rival upon the back. 3. Holding legs reverse. 4. Lifting the buttocks upward. 5. Rolling sideways. 6. Pinning wrestler above one another.

34. B. Counter (Tor) Flattening (Lamlet) :—
1. Applying legs scissor. 2. Surpassing hands in armpits. 3. Jerking forward shooting leg behind. 4. Flattening the opponent.

35. A. Around throw (Balkhora):— It is a patent hold of free style, Greco-roman style and Indian style olden hold of straight to the drop the opponent. While standing face to face upon right stance pulling the neck of the opponent down by hand snaps or when he is trying to tackle the legs pressing him down by your chest make a hand grip around his trunk. Taking the both legs back parallel to each other pull him with the sharp jerk pressing him down with full strength. When he reaches in kneeling position applying left hand bar upon his mouth surpassing sideways and hold his waist from behind.

Brief details (Nichor):— 1. Face to face position. 2. Bending the opponent from head snaps or by tackle the legs. 3. Holding his back pressing by chest. 4. Kneeling position by jerk. 5. Applying hand bar reaching sideways.



Fig.: 568 (37A) Forward pull (Baithi Thel)

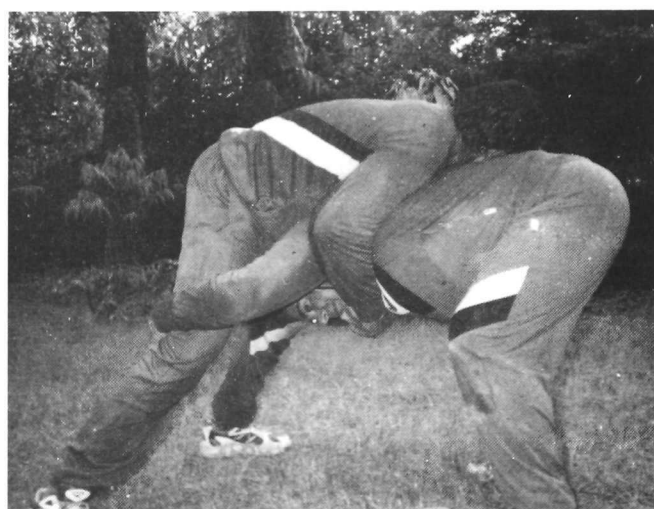


Fig.: 569 (35A) Around throw (Balkhora)

35. B. Counter (Tor) Side turn (Palti):
1. Passing the head side ways. 2. Rolling sideways facing sky. 3. Releasing himself from jerk.

36. A. Press down (Mandi Dhak): This hold is like the cross buttock which is applied in slow motion. When you are not able to apply the hold cross buttock you will be able to apply this hold at the same time but it can be used in free style or Indian style wrestling while in face to face position making both hands grip upon the trunk right hand sideways from the back and surpassing left hand from his right armpit. Facing towards left applying outer leg hit upon his right leg twist him sideways and pin him down shooting the legs forward.

Brief details (Nichor):— Face to face position. 2. Right hand upon neck, left in his right armpit. 3. Both hands grip upon rivals back. 4. Outer leg bar. 5. Falling sideways. 6. Shooting legs forward.

36. B. Counter (Tor) Opposite press (Patki):—
1. Encircle the waist 2. Stepping forward. 3. Lifting him upon waist stepping forward. 4. Holding another hand. 5. Throwing fall by jerk.

37. A. Forward pull (Baithi Thel):— It is a promising free style wrestling hold of strengths and art to make the sitting wrestler flat easily. While sitting upon the rival towards left encircling your right hands upon his waist surpass your right leg in between his legs from front. Now drive him forward with hands and body fall power straighten your right leg behind between his leg. Now he will lie flat and you will be able to apply any hold of your likings.

Brief details (Nichor):— 1 Sitting left upon the opponent. 2. Holding waist from both hands.



Fig.: 570 (40A) Single leg pull (Ektangi Ghasitan)

3. Right leg in between his legs. 4. Driving him forward from hands and body. 5. Making him four flat.

37. B. Counter (Tor) Side turn:— (Bagalroomi)
1. Holding right wrist from right hand. 2. Straight kneeling position. 3. Surpassing knees sideways sitting upon buttocks. 4. Left hand switch. 5. Making elbow stand rolling him from upward. 6. Controlling fall by sitting upon buttocks, tightening grip and turning face.

38. A. Leg pick and cross leg (Pag Lapet):— It is also a promising and simple hold of free style which is very usual in Indian style wrestling while standing upon right stance in face to face position, lift his leading leg up with both hands carrying the leg sideways and turning to left side hit upon his another leg by your right leg so that he may fall sideways.

Brief details (Nichor): 1. Face to face right stance. 2. Lifting right leg sideways. 3. Right leg hit. 4. Turning the face 5. Pinning sideways.

38. B. Counter (Tor) Pulling hold (Ghasit):—
1. Falling himself in flat position. 2. Placing hands down jerk forward. 3. Releasing the hold.

39. A. Single leg scissor (Ektangi Kainchi):— It is patent pinning hold of Indian style wrestling to pin the opponent using the straight of the body which is useful for the free style wrestling. When you are riding the underneath wrestler apply legs scissor by surpassing own legs grapine with his legs from inside controlling his hands by entrance of both hands in the armpits. Surpass your right leg hook in his left leg porch and now releasing left leg hooking your right ankle upon it. Now pushing his left arm inside and entering right hand from the right armpit surpass it upon neck. Then pressing his neck towards the right side twist him to touch the right shoulder blade upon the mat. Likewise pinning him and tilting body weight upon him control there.

Brief details (Nichor):— 1. Applying legs scissor. 2. Right leg hook in left leg porch. 3. Releasing left leg. 4. Left legs hook into right leg ankle. 5. Pushing left hand inside. 6. Right hand upon the neck from right armpit. 7. Twisting the opponent. 8. Pressing the fall.

40. A. Single leg pull (Ektangi Ghasitan):— It is a simple hold of Indian style wrestling and kabaddi both to pull the leg of the running wrestler. When the opponent is running from the mat to avoid the wrestling. Hold his one leg's ankle and pull it back from both hands power to take him inside to pin the same.

Brief details (Nichor):— 1. Opponent running outside. 2. Pulling one leg from both hands. 3. Pull his body in the centre. 4. Holding from behind.

40. B. Counter (Tor) Jerk hold (Jhatka):—
1. Shifting himself upon hands. 2. Releasing leg by jerk. 3. Turning face to face.

Brief details (Nichor):— 1. Opponent running outside. 2. Pulling both legs from both hands. 3. Pulling his body in the centre. 4. Holding from behind.

41. A. Double leg pull. (Dohri Ghasitan):— It is also the same hold as above as in the aforesaid hold you have to pull one leg while in this both legs of the opponent when he is going of the mat as the counter is also the same.

41. B. Counter (Tor) Jerk hold (Jhatka):—
1. Shifting himself upon both hands. 2. Releasing legs by forward jerk. 3. Turning face to face.

42. A. Rolling snap (Ulat Pench):— It is also a promising hold of Indian style wrestling to pin the underneath wrestler. When you are sitting left upon the opponent wrestler holding his upper portion



Fig.: 571 (42A) Rolling snap (Ulat Pench)

from both hands enter your right leg into, surpass your right hand upon his neck from the right armpit, pressing the neck turn his head towards right from both hands. Lifting him from behind pin him in the reverse position rolling upon head and making left hand stand facing to the another side.

Brief details (Nichor):— 1 sitting left upon the opponent. 2. Holding his upper body from both hands. 3. Both hands grip upon neck from armpits. 5. Position head towards right side. 6. Lifting from the right leg. 7. Pinning him facing upon head.

42. B. Counter (Tor) Barat (Barat):— 1 Binding both elbows. 2. Beasing opponent body weight upon buttocks. 3. Lifting the buttock and sideways roll. 4. Pinning the opponent down.

43. A. Rolling snap (Ulat pench):— It is also the same type of hold while in aforesaid hold the opponent is pinned towards left but in same towards right side. While applying same hold the both hands grip upon the neck twist his neck towards own side and pin him by pressing his chest from own chest crosswise straightening the legs behind.

Brief details (Nichor):— 1. Sitting left upon the opponent. 2. Holding his upper portion. 3. Both hands grip upon rivals neck from armpits. 4. Twisting his neck towards own side. 5. Pinning crosswise. 6. Shooting legs behind.

43. B. Counter (Tor) Barat (Barat):— Same as above.

44. A. Reverse Scissor (Ulti Kenchi):— It is a Indian style olden hold useful for the free style wrestling while pinning the opponent when he is sitting underneath. When you are holding the



Fig.: 572 (44A) Reverse Scissor (Ulti Kenchi)



Fig.: 573 (43A) Rolling snap (Ulat pench)

opponent down in kneeling position keeping him right side. Surpass your both hands upon his neck through both his armpits and making wrestlers grip, surpassing your legs in between his both legs from his knees. Now pushing his neck towards right lifting his legs upward and turning face to another side place his both shoulders upon the mat or soil taking his body upon your back. He will keep fall bitterly.

Brief details (Nichor): 1 Sitting left upon the opponent. 2. Surpass leg from front in between his legs. 3. Both hands grip upon his neck. 4. Pushing the neck towards right forcibly. 5. Lifting him up in reverse position. 6. Placing both shoulders on the mat. 7. Placing his body upon own back. 8. Turning face another side.

44. B. Counter (Tor) Side Swing (Bagal Chakri):— 1. Pressing right hand under right armpit. 2. Kneeling position closing knees. 3. Landing right on buttocks. 4. Switch of left hand. 5. Rolling the opponent sideways in pinning position.

45. A. Reverse snap (Ulti):— It is also a promising hold of Indian style wrestling used in the free style wrestling. When you are holding opponents neck from your right hand and grapining inner leg in his leg in standing position and he is not falling down. Now taking one step forward grab his right thigh from your left hand and turning the face towards right side lifting the thigh up fall him reverse from a sharp jerk.

Brief details (Nichor):— 1. Face to face holding opponents neck and inner leg grapine. 2. Step left leg towards his right leg. 3. Grab his right thigh from inside. 4. Turning face to right lifting thigh fall him reverse. 5. Opponent will be pined bitterly in reverse position.

45. B. Counter (Tor) Leg hit (Baja):—

1. Indulging in inner leg trip. 2. Holding his waist. 3. Apply right leg hit behind his left foot. 4. Falling backward with swing i pinning position.

46. A. Leg lift (Tang Maror):—

It is very excellent hold of Indian style wrestling which is very useful for free style also while standing face to face when the opponent holding your neck in his right hand and grapining his right leg in your left leg and trying to through you in falling position. All of a sudden bend your indulging leg upward and hold his leg ankle from your left hand. Now he will be under your control and holding his left arm from your right hand move him towards right in a semicircle by quick action and as a result of that he will be pinned in your front automatically.

Brief detail (Nichor):—

1. Inner leg trip applied by opponent. 2. Bending own left leg upward. 3. Holding opponents ankle from left hand. 4. Holding right arm moving him in a arc. 5. Pinning him towards right with swing.

46. B. Counter (Tor) Inner leg trip (Ulti Tang):—

1. Holding neck and inner leg trip. 2. Bending forward holding opponent right hand. 3. Turning face, lifting grapine leg upward. 4. Pinning him right side in rolling swing.

47. A. Double leg hook: (Dohri Tang Anti):—

It is the most popular hold of free style wrestling which is applied during the world championship as well as in Olympic. While sitting left upon the kneeling opponent hooking left leg in his left leg crossing his back and making him flat from the dive



Fig.: 574 (48A) Reverse lift (Ukher)



Fig.: 575 (46A) Leg lift (Tang Maror)

make another legs knot in your left leg's ankle and becoming himself flat lift his grapined leg upward. Applying left hand bar pulling his face and chin turn your face towards right. Likewise pin his both shoulders forcibly upon the mat or soil in lying position.

Brief details (Nichor):—

1. Sitting left upon the opponent. 2. Hooking left leg in his left thigh. 3. Making opponent fair flat from dive. 4. Both legs knot. 5. Lifting his legs up from tightening the legs. 6. Pulling his chin. 7. Pinning him in lying position turning face.

48. A. Reverse lift (Ukher):—

It is the most promising hold of Indian style wrestling which can be used in free style to pin the opponent easily. While sitting face to face when some position occurs holding his waist from your right hand from front making Hanuman stance placing right knee surpassing your left hand in his right thigh in reverse position lift his leg up keeping yourself close with him and pin him towards your right moving him in a semi circle facing toward him. Now keep him in pinning position by tilting weight upon him.

Brief details (Nichor):—

1. Face to face sitting position. 2. Oversieze his waist from right hand. 3. Hanuman stance kneeling right leg. 4. Lifting opponents right leg from inside grip. 5. Moving him right side in semicircle. 6. Pinning him from swing.

48. B. Counter (Tor) Inner leg trip (Anderli Tang):— 1. Grapine right leg in opponents standing left leg. 2. Holding neck in right hand. 3. Turning left bending forward. 4. Pin him towards left lifting leg from own leg.

49. A. Neck grip and inner leg trip (Gardanband Tang):— It is a promising hold of Indian Style as well as Free Style Wrestling to upon the opponent from standing position. In face to face position when the opponent picks up your right leg or he is holding you from behind encircle his neck reverse in your right hand applying inner leg grapine holding the right arm from your left hand. Lifting your leg up bending forward and turning to the left pulling his hand pul him sideways and pin him by means of roll.

Brief details (Nichor):— 1. Standing position. 2. Holding opponents neck reverse from right hand. 3. Right leg grapine in left leg. 4. Pulling right hand, bending forward. 5. Rolling sideways in pinning position.

49. B. Counter (Tor) Leg twist (Tang Maror):— 1. Holding opponent arm. 2. Bending own leg up. 3. Holding opponents leg from ankle. 4. Moving right side in a semi-circle. 5. Pinning him sideways.

50. A. Leg pick and porch hit (Ektangi thap):— It is an International standard hold to pin the opponent. While standing face to face position taking him upon the right stance picking his leading leg up place it in between the both legs and holding the ankle from behind apply hit upon his left leg



Fig.: 576 (50A) Leg pick and porch hit (Ektangi thap)

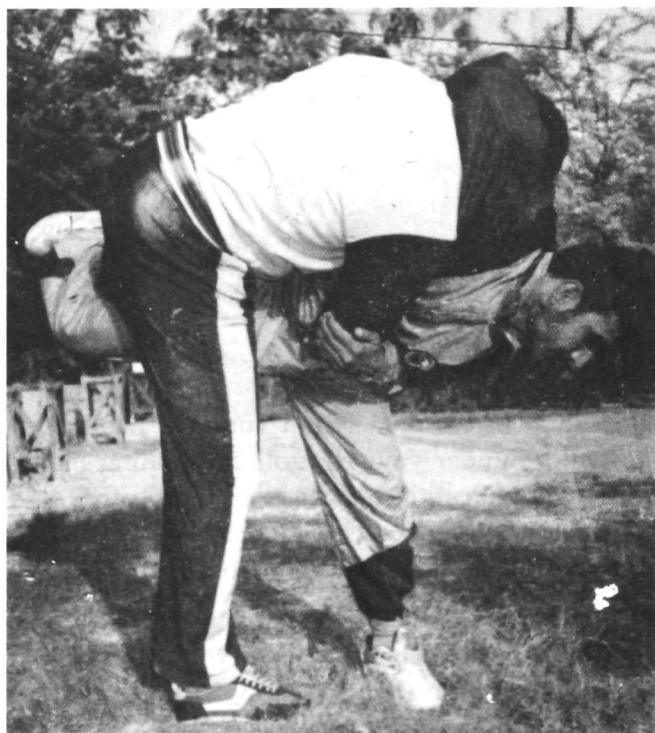


Fig.: 577 (49A) Neck grip and inner leg trip (Gardanband Tang)

porch with the right hand swing in reverse direction. The opponent will drop himself in pinning position and control the fall immediately.

Brief details (Nichor):— 1. Standing face to face upon right stance. 2. Picking up right leg in between legs. 3. Right hand hit upon his left leg porch. 4. Pinning the opponent backward.

50. B. Counter (Tor) Climbing Knot upon the opponent (Pahalwan Par Chaddna):— 1. Closing right ankle outside right leg joint. 2. Climbing up passing right leg. 3. Step over left leg. 4. Both legs scissor in thighs. 5. Controlling the fall.

51. A. Sitting grip in Hanuman stance:—It is best position to hold the opponent in downward position for application of holds easily. When you are itself side upon the opponent wrestler hold his waist from both hands grip sitting in Hanuman stance as placing the right knee and left knee standing up, sideways. Now for making him flat enter your right leg from inside in between his both legs and pushing the opponent forward from both hands swing surpassing the grip upon the chest make him flat on fours and apply the hold onwards to pin him.

Brief details (Nichor):— 1. Left side upon the opponent. 2. Holding waist from both hands.

3. Entrance of right leg in between his legs under belly.
4. Pushing forward from hands swing.
5. Making the opponent flat.

51. B. Counter (Tor) Side swing (palti):—

1. Holding right wrist of the opponent fro right hand.
2. Closing the knees.
3. Left hand switch.
4. Rolling him upon your body, sideways.
5. Holding the fall by tightening the hands.

52. A. Arm Drag:— Arm drag is an International hold of Indian Style as well as Free Style Wrestling to hold the wrestler from behind in standing face to face position. While standing face to face upon the right stance holding the opponents right hand wrist from the left hand and holding his arm beside the elbow from downward pull his hand towards your right side with a jerk stepping forward going behind him hold his farside waist from left hand sieze the waist by both hands from behind easily.

Brief details (Nichor):—1. Face to face upon right stance. 2. Holding right hand from both hands.



Fig.: 578 (52A) Arm Drag

4. Stepping behind.
5. Holding farside and nearside waist.
6. Controlling for behind.

PART- A

1. Preliminary Wrestling Coaching Camp

Whenever a preliminary wrestling coaching camp is being advertised or heard, some interested children become eagerous to attend and they feel happy when they are cut off from boring home work. The touch of wrestling, enjoyment of the game, sound sleep, balance diet, the attractive personality of the champion wrestlers attracts them towards the game automatically. They catch the game with the expectation to become a champion. Some of are involved to gain health, weaks are interested to becoming stout, a few are interested because they like it, someone like as they want to get rid of home work and studies, while others are interested as they copy the champions. In the beginning they adopt the game easily devotedly with expectation to become a National or



Fig.: 579 Coaching camp for Seniors

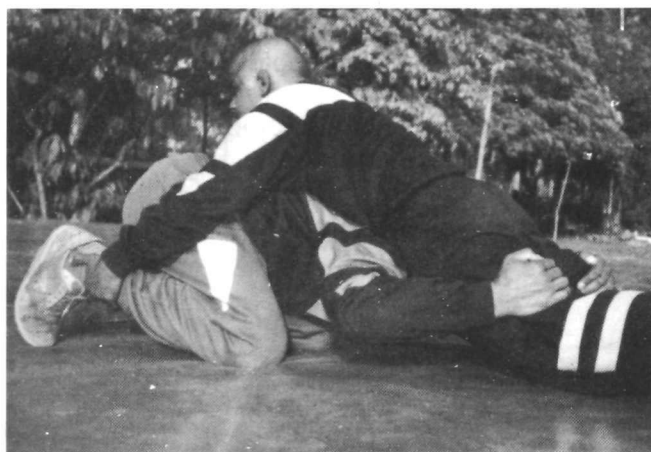


Fig.: 580 Preliminary Coaching Camp

International champion but they don't imagine how it is hard to reach upto the goal.

Anyway any kind of coaching camp whether it is preliminary or champions may be organised away from the village, town or city, in a fine atmosphere in jungle or upon a hill. A preliminary wrestler learns wrestling practice, exercises of wrestling, preliminary holds, fine habits, spirit of the game, behaviour, discipline, cooperation, regularly and routine of wrestling so that he may be able to develop his good habits to become a wrestler.

The coach must teach the children the motto of wrestling, the programme and daily routine of wrestling mentioning the future and should select the aggressive chaps. The boys must be taught about the fitness, health and preliminary holds like stance, standing and sitting grips with some simple pinning combinations. The coach must be vigilant about their dress inside or outside arena-creating spirit among them during morning and evening regularity. The children must be teach about the important means of wrestling, such as practice,

balance, diet rest and the competitions so that they become habitual of wrestling habits to develop the game automatically after the coaching camp. Such coaching camps should be organised for a month or a fortnight ending with the fine results.

2. Daily Routine

It is not easy to achieve the motto in wrestling when it takes some 12 to 15 years to become a Olympic or world or Olympic champion while it years in state and 6 years in National Champion for which one have to set himself in a daily routine guided by the coach or by own thinking to gain strength, stamina, endurance, agility, skill etc.

To become a champion one have to make a determination or a strong will power and then get it practical by the daily routine. It has been already been explained in the first chapter that how to became an Olympian? and it is essential to be fit or tout by hands and legs to stand in the arena and for the same a child, chap or a beginner should devote one or two years for fitness by exercises, or playing any game of his liking.

The wrestle should make a regular habit to awake up daily early in the morning before one or two hours before sunrise and after becoming fresh he or she wearing his track suit in the winter or loose underwear and half sleeves pull over in the summer should tie up ankle shoes for jogging towards some park or hill side or warming up and warming up and light exercises. Then he have to attend the wrestling coaching centre in time. He have to practice there after massage in the soil and dry on the mat according to his capacity. The practice of indicated holds is necessary which is called imitation. After cooling down some kind of recreation, conversation jokes, laughter etc. is essential for recovery of tiredness of heart mind and body. After taking some cold drinks, juice etc. he or she should take sufficient bath and wearing the dress, saying good by the arena taking the lunch of balanced diet should take milk and fruits. After the meals he or she should read the papers, magazines, books or play in indoor games then to bed for sound sleep to remove tiredness for gaining health.

In the evening he should reach the arena 2 or 2½ hours before the sunset for fitness exercises to develop strength, stamina, endurance, agility and skill for the success of the game and likewise taking some cold drinks, or juice he or she should leave the health spot. During the dinner he should take light meals with the vegetable and fruits, cold milk etc. Then one have to go for sleep two hours before the mid-night upon a hard cot. It is essential to note that how much times he go out side for the urine in the night as more than one time is harmful to health. In such cases he should take more exercise to create heat in the body so water can be burn in the body to avoid more urine or have to take less liquors, because the kidneys have to work less likewise which should be maintained for longevity. Any way taking, sound sleep in the night again to he or she should awake up early in the morning for his daily routine of wrestling. The progress may be noted by the coach or by himself monthly and yearly. If the progress is less or the routine is defective then short coming may be removed. A wrestler should gain fine health, strength stamina, skill, endurance, agility & so on. A wrestler should go under a physical taste every year and should fix his weight category according to age, health height, talent from the guidance of the coach for the different type of competitions. The wrestler should keep his her daily routine of wrestling continuously with the passivism and strong will power thinking that a day will come when he will secure a medal from national as well as international or Olympic Competition which will remove all his tiredness, boredom and hardwork. It is essential for the wrestler to appear in side or outside arena always in pleasant or smiling mood and should face the hardships of the field pleasantly. Thus daily routine of every game, studies and all kind of goals is the key of success without that nothing is possible to achieve.

You can know about the daily routine of the world famous wrestlers like Medved Alexander (U.S.S.R.), Dan Gable (U.S.A.) Districts and Adolf Segar (Germany) Ghulam Reja Takhti (Iran) and so on as they had been very vigilant and devotee to their daily routine.



Fig.: 581 Two Olympic Champions Chris Taylor 194 Kg. (U.S.A.R.) Dietrich (G.D.R.) during Munich Olympic 1972 applying front Salto.

ORGANISATION OF A WRESTLING TOURNAMENT.

(By Prof. C.H. Dubey)

Administration of Competition

The competition should be attractive and well organised sports event for which intelligent planning is very essential. A well managed meet is recognised for its educational value and good sportsmanship. While conducting the competition give recognition to the sound publicity and make wise use of showmanship devices. The Officials for the wrestling contests must be very carefully selected as they plan an important part in how smoothly a meet is conducted. Administration policies should be chalked out to conduct a good competition. Every body should be familiar with the general policies. A participation record should be kept in each year.

The purchase and care of wrestling equipment is one of the major problems now-a-days. Equipment that needs repairing should be repaired, immediately. Before making a purchase for new equipment of wrestling you should not hurry. You should devote some time for this important transaction. At the end of the session you should present a proposed budget for the next year. You should consider the cost of the new equipment, trips, meals, cost of officials, transportation, medical expenses etc. Past records can give a good idea of the proposed budget. You should also consult the head of the department in making the arrangement for wrestling meet because you have to specify time, date and place. It is very essential to check eligibility of the wrestling squad in the beginning of the session itself.

Yearly brief and complete report should be made for the permanent records. This report should consist of (i) results of meets (ii) number of participants (iii) outstanding wrestlers, (iv) a financial statement, (v) Proposed schedule for the next year.

RESPONSIBILITIES IN PREPARING FOR A WRESTLING TOURNAMENT

1. Arrange schedule for the meet.
2. Contract all the participating schools, colleges, districts and states, etc.
3. Make contracts with the officials.
4. Get the approval of schedule by the authority concern.

5. Get the approval of schedule by the board.
6. Check on general equipment such as mat, covers, sweat rooms, etc.
7. Arrange for the publicity.
8. Get public address system in shape.
9. Arrange a photograph.
10. Arrange for hotel reservations.
11. Arrange for transportation for meet.
12. Secure the following equipment.
 - (a) Stop watches,
 - (b) Stop and go watches,
 - (c) Whistles,
 - (d) Gong,
 - (e) Rule book,
 - (f) Scale,
 - (g) Score sheets and other essential papers for the meet.
 - (h) Drinking water facilities,
 - (i) Towels.

RESTONSIBILITIES BEFORE A WEEK OF THE TOURNAMENT

- (i) Notify the visiting teams date, place and time for the tournament, weighing in etc.
- (ii) Secure the photos of the various teams for publicity purposes.
- (iii) In form the officials as to date and time f the meet,
- (iv) Print programmes.
- (v) Get eligibility list f the participating teams.
- (vi) Check all the equipment once again.
- (vii) Have dressing room ready.
- (viii) Check Hotel reservations.
- (ix) Have transportation ready.



Fig.: 582 Officials coaches and Wrestlers during Sydney 2000

- (x) Make arrangements for work out and the use of scales.
- (xi) Responsibilities on the day of the meet.
- (xii) Have scales ready for weighing in.
- (xiii) Keep score sheets ready.
- (xiv) Arrange timer, scorer, judges and other officials, table etc. ready.
- (xv) Get mats and cover setup for meet.
- (xvi) Have buckets, water, towels available at mat corners.
- (xvii) Have dressing rooms ready for visiting teams and officials.
- (xviii) Arrange for distribution of programme for the meet.
- (xix) Test lighting.
- (xxi) Have some one responsible for equipment such as watches, whistles, rule book score-sheets, etc.
- (xxii) Besure the press and photographers are taking care of.
- (xxiii) Put some one in-charge for seating arrangement.

RESPONSIBILITIES AFTER THE MEET

1. Payment of officials.
2. Make out an official report on twenty four hours after the meet.
3. Finish out the score sheet and file it.
4. Collect all the equipment used for the meet and store it away.
5. Thank all those who had a part in running of the meet.
6. Arrange a grand party at the end of the meet.



Fig.: 583 Medal award ceremony 1992 Barcelona (1) Bruce Baumgartner Gold (b) Jeff Thue silver (3) Ali Kayali (Tur) Bronze, David Gobeedjichvili (CIS) Bronze



Fig.: 584 Sweden team during World Championship

ORGANISATION AND PLANNING OF THE WRESTLING TOURNAMENT

The date is generally fixed in advance for a tournament. You should send the letters at least six weeks before the tournament to all the competing teams as a reminder of the date, time and place of the tournament. One local committee should be formed to help the tournament manager in administering the meet. Local Committee should be composed of 11 or 12 man with the duties as follows:-

TOURNAMENT MANAGER AND ASSISTANT MANAGER

1. Wrestling officials should be contracted before thirty days of the meet. At least three referees should be arranged for the tournament.
2. Blank entry forms and all the necessary informations should be sent to them about 30 days proceeding the tournament.
3. The duties of the time keeper scores etc., should be assigned.
4. Arrange for a qualified doctor to be on duty to check the communicable diseases at the weighing in.
5. Be sure that all certificates models and trophies etc. are ready to be presented at the end of the finals.
6. Bout cards should be printed for recording results for each bout.
7. An official consolidated score sheet should be prepared for recording official team scores.
8. Be sure that you are having number available, for drawing the lots.
9. Send out the letter to all the participating teams about the arrangements as follows:-

- (a) Hotel accommodations and rates,
 - (b) Eating accommodations,
 - (c) Give dead time for the entries,
 - (d) Get publicity materials,
 - (e) Request them to inform the tournament manager when they are expected to arrive.
10. Send out entry forms for the weight classes, receive entries and collect entry fees.
 11. Have several assistant managers available to help.
 12. Have money ready to pay officials of the meet and other expenditure, etc.

2. MANAGER OF EQUIPMENT

1. Locate required number of 10 X 10 meters mats and covers that are needed for the tournament.
2. Have three stop and go watches and three stop watches.
3. Arrangement for the locker facilities should be made.
4. Two scales should be used during the weighing in.
5. One scale should be available always near the mat during the tournament.
6. Have Mats in place.
7. All the officials tables are placed at the proper place.
8. One room should be provided for the meeting purposes.
9. Have dressing rooms for officials and competitors.

3. THE FOOD AND HOUSING COMMITTEE

(1) Make arrangements for sleeping quarter and eating accommodations. This information should be included on the entry forms.

4. FIRST AID COMMITTEE

To be at weighing in to check contestants. To be present all the time during the tournament.

5. THE ANNOUNCER

He is responsible for setting up the public address system. He should have a clear understanding of what is to be handled over the public address system.

METHOD OF TEACHING WRESTLING CLASS

The Teacher

The personality plays a great role in teaching wrestling classes. He should show his desire to



Fig.: 585 Wrestling Competition ceremony in India writer with chief Patron Chandra Swami & wrestlers & coaches

teach, keep himself young in spirit too. He must be able to command the respect on and off the mat from the pupils. He should use time economically in order to get the full value of skills out of every practice period. He should present his material in a standardized manner and more or less on plan carefully. He should have prepared his lesson plan carefully. In preparing the daily lesson plans he should know the number of class periods and the length of time for each. The teacher builds character, molds personalities, and exerts a profound influence on the life of youngsters at a very formative period of their lives. His enthusiasm will give inspiration to the class. Sometimes, taking more than one class become monotonous to him but he should not forget to be dynamic and forceful while teaching wrestling to the beginners, the teachers should not lose the patience. A lack of patience on the part of the teacher will seriously affect the progress of wrestler. He should encourage the wrestlers and give words of praise and at the same time he should maintain the strict discipline. He should have confidence in him to teach wrestling. Humour is a great asset to relieve the tension and relax the boys. A Wrestling teacher must know the skills of wrestling the leverages used and how to apply them. To make teaching more effective, it is essential to demonstrate what he is teaching.

Methods in Teaching Wrestling

The teacher should chalkout the out-line of the programme before meeting the students at the mat. Giving instructions to a class is quite different from developing a wrestling team or competition. In a class he is not primarily concerned in developing an individual but in teaching the fundamentals to the entire class. On the other hand to prepare a wrestling team for competition, he is more concerned with individuals and particularly those

few individuals of outstanding abilities. It is better to have a greater number of practice periods of lesser length than fewer periods of greater length. It is not good to practice any one given skill beyond a reasonable time without adequate rest. It leads to ineffective repetitions. It is good if the class practise daily on skills. Learning is more effective in teaching beginners when whole part whole method is used. The teacher should demonstrate the complete manoeuvre. Then he should divide into parts. The class should master each part separately and then combine the parts together as a unit. The teacher should demonstrate the hold completely once again so that the class gets a complete picture of the hold. The trainees should not over strain their muscles. It is always better to concentrate on fundamentals. Perfection in fundamentals is very much essential. The teacher should not spend the whole period on one area such as take downs escapes, reverses etc. Something new may be presented from any area each day. The whole class will have better understanding to co-relate one manoeuvre into another stage. The teacher must study the individual, try out various manoeuvre and fit those that come most naturally to the wrestler who is to use them. Every member of the wrestling team should know the important holds. It is very difficult to hold the attention of a wrestler when he is tired. It is better to give frequent rest periods.

Reception Committee

Number of student managers should be assigned to this task. They should arrange for a lounging room for officials and caches. The committee should look after the comforts and needs of visiting teams. This committee should serve as official host for all visiting teams.

Business Manager

He has full responsibility for the financial and of the tournament. He should have tickets and ticket taker ready. He should have a pass system set up so that all contestant and officials may get in.

Meet Secretary

Scoring by the teams should be posted daily out the order of bouts. Inform all the participants and team managers about their bouts before hand. He should record the result of each bout. He should keep the teams total score etc. He should have several assistants to help him. He should prepare the report of the meet at the end of the tournament.

Publicity Director

He should request to the teams for the pictures of the outstanding wrestlers. He should see that posters and advertising the tournament should be posted several weeks in advance. He should also notify the press and Radio for the tournament.

Tournament Procedure.

Be sure that all the local committee have thoroughly instructed the individuals assigned to them. If all the members of the local committee will do their job well the tournament will be conducted smoothly and efficiently.

Final Reports.

The final report should be prepared and presented to the authorities and the national organisation etc. In the report he should suggest the methods for improving the tournament procedures. Send out copies of the completed tournament to all the officials who have attended the tournament.

PRINCIPLES OF OFFICIATING

A wrestling official should be conversant with the knowledge and rules. He should let a match in progress with as little interference as possible on his part. The wrestling is confined to a close area and the actions are fast with constantly changing position always. Under the circumstances you should make split second decisions, they should be clear and concise.

QUALIFICATIONS OF OFFICIALS

Reaction Time

He should be on his toes and in the right place in the right time to react such situations which may become lost in a mass of maneuvers. A man who does not react quickly can not become a very successful official.

Calmness

He should be calm and cool and never get excited. He must make decisions which are hair line and many could be called either way. He should not pay his attention what spectators say. An individual of high strung quality should never referee wrestling matches, otherwise he can upset the equilibrium of the participants. A calm official gets the confidence among the spectators and the participants.

Confidence

To develop confidence he must have a good background in wrestling not only as a contestant

but as coach also. Because this will enable him to anticipate the moves of wrestlers and therefore he will be in a better position to make decisions. He should not hesitate in his decisions but the decision should be deliberate rather than hasty decisions will be accepted to everyone if he makes them positive.

Consistency

He should have consistency in decisions and breed confidence in his ability. His decisions should be consistent when the same conditions or similar circumstances exist. Once the contestant see that the official has called them the same for both, they will continue the match with confidence.

Judgement

This can come only after years of experience as a contestant, coach and as an official. Sound judgement can be developed through experience in handling the contest. He should set up the sound principles along the edge of the mat and in exchange of positions. Good judgement can be developed only through practice and experience.

Thorough Knowledge of Rules

An official should be through with the knowledge of rules. There is no excuse for a wrestling official, not knowing the rules. Anyone with average intelligence can learn the rules, the duties, and the mechanics of officiating. He can learn the rules by studying the official Rules Book and if there is any question regarding the interpretation of these rules, he can be straightened out at the official Rules meeting. Simply knowing the rules does not guarantee good officiating, but it will help him only in his interpretation of these rules.

Condition

He must be in a good condition if he expect to be alert and the best performer throughout the tournament. He should pay particular attention to endurance to ensure his readiness to meet any emergency.

Appearance

He should have the proper distinguished uniform and should be neat and clean in appearance. Referee's uniform includes white shirt and pant along with the canvass shoe.

Referee's Per-Meet Duties

He should report at least 30 minutes before the meet and should clarify the rules and doubts. He

should check the wrestling mat cover etc. He should inform the wrestlers to clip the finger nails smoothly. He should check up the list of the day to note his duty for the bouts. Wrestlers should come and stand in their corners so that he can call them in the middle, ask them to shake hands and go back to their own corners and ready for the bout. Referee should see that timers, scorers and judges are properly seated.

When the match is to start the referee calls the contestants to the centre of the mat where they shake hands and are given brief instructions.

- (i) They are not to stop the wrestling unless the referee blows the whistle.
- (ii) They are to do most of their wrestling near the centre of the mat.
- (iii) They should not go out of the mat and a fall will not be considered out side the mat.

The referee should instruct the head timer.

- 1. He is responsible for keeping the over all timings of the matches.
- 2. In case of any injury he is responsible for recording accumulated time out.
- 3. He should assist the referee in determining whether the situation occurred before or after the termination of the period.
- 4. Each minutes should be called to the referee contestants and spectators.
- 5. The last minute should be called out after 15 second intervals.

REFEREE TECHNIQUES DURING THE MATCH

The bout will be started with the whistle of the referee. While starting the bout it is better if he is facing the administrative table with the contestants, scorers and Timekeepers in full view. He should keep on moving from one side of the wrestlers to the other so that he can get a view of both side of the participants. He should be close enough to control any situation but at the same time he should not interfere with the progress of the bout. He should not allow the contestant to apply the illegal holds. He must enforce the rules rigidly. The referee must be alert while the participants are down on the mat as the positions change so fast. The wrestlers when they are indulged deeply in the bout it is hard to tell who is having the advantageous position particularly along the edge of the mat. The referee should start the match in the standing position as follows:—

- (i) To start the bout in the beginning.
- (ii) To start the bout in the second half.
- (iii) When both the contestants are out of mat.
- (iv) When the three legs of the contestants out of the mat.
- (v) When the shoulders of any contestant are out.
- (vi) When there is no progress in the bout.
- (vii) When somebody has secured a fall by an illegal hold.

The referee should keep near the contestants at all the times, so that he may be ready for the following:-

- 1. To block illegal holds.
- 2. To determine whether the hold is punishing.
- 3. To determine when the wrestlers go out of the mat.
- 4. To see that reverses do not occur until one contestant has complete control over the other.



Fig.: 586 Officials, Coaches and Wrestlers during Sydney 2000

- 5. To see that escapes do not occur until one contestant is free completely of the other.
- 6. To be sure that take downs do not occur until one wrestler has taken his opponent off his feet, and has complete control over him.
- 7. To see that a near fall does not occur until both shoulders are held continuously within two inches of the mat for two seconds. The points are not awarded until the defensive wrestler has escaped from the pinning combination.
- 8. To see that a fall does not occur until both shoulders are held continuously to the mat.



Fig.: 587 Officials, Coaches and Wrestlers during Sydney 2000

- 9. To be alert to prevent injury when there is no side mat.
- 10. To be alert when there is a pinning combination along the edge of the mat.
- 11. To be in a proper position when one wrestler is about to pin the other.
- 12. To see if the top man is stalling and making no effect to pin.
- 13. To see if the bottom man plays the edge of the mat to keep out of trouble.
- 14. To see if the underneath man slides off the mat keep from getting pinned.
- 15. To be sure that the contestants do not leave the mat without permission.

Making Decisions

The referee should have a thorough background in wrestling to make the correct decision. Sometimes the participants are so entangled that it is very difficult for the referee to see whether a wrestler is pinned or not. So many times it is difficult to see both the shoulders because, head, arms and elbows or legs may block his view. Rule definitely says that to pin down the opponent his both the shoulders must be made touch with the ground simultaneously. Here the referee should be alert and anticipate such situations before they arrive. In calling a fall, referee should be down on the mat in a position where he can see both the shoulders touching the mat properly. When both the contestants are out of the mat necessary for the referee to call time out and should give his signal to start the bout. In case of an injury the referee should notify the head timer immediately as he must keep this timeout period.

PART B
FILA
INTERNATIONAL WRESTLING RULES

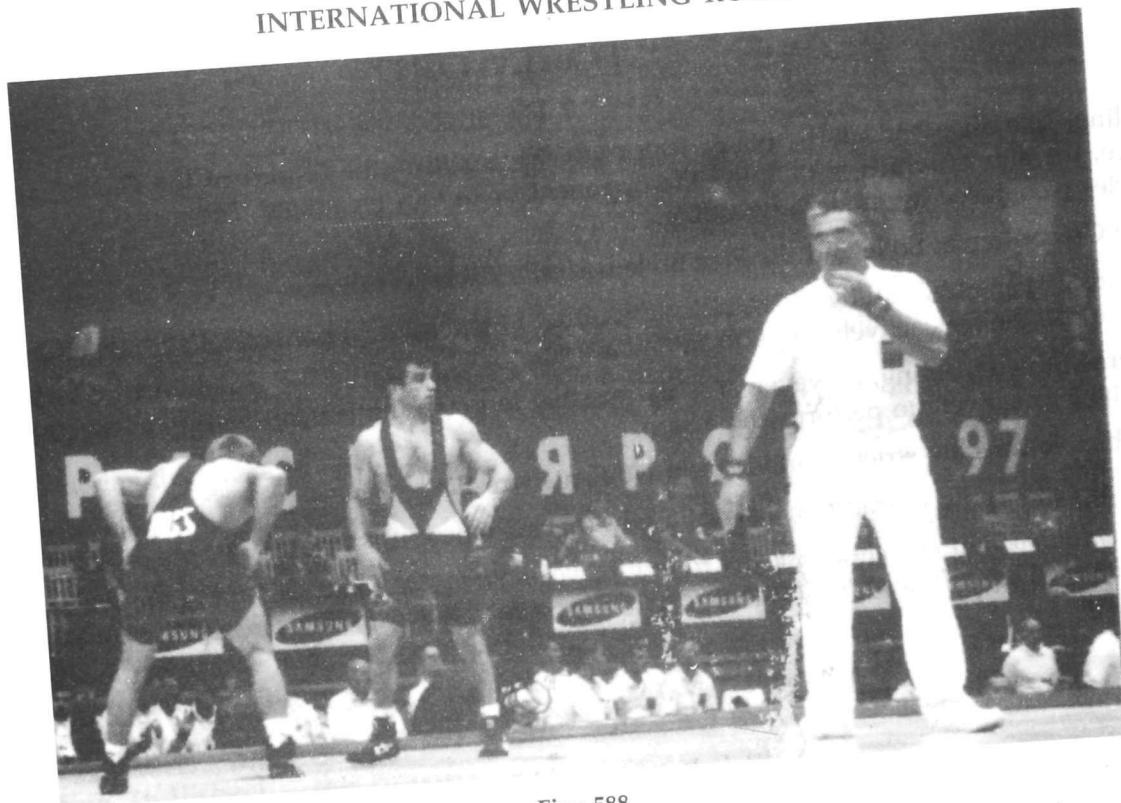


Fig.: 588

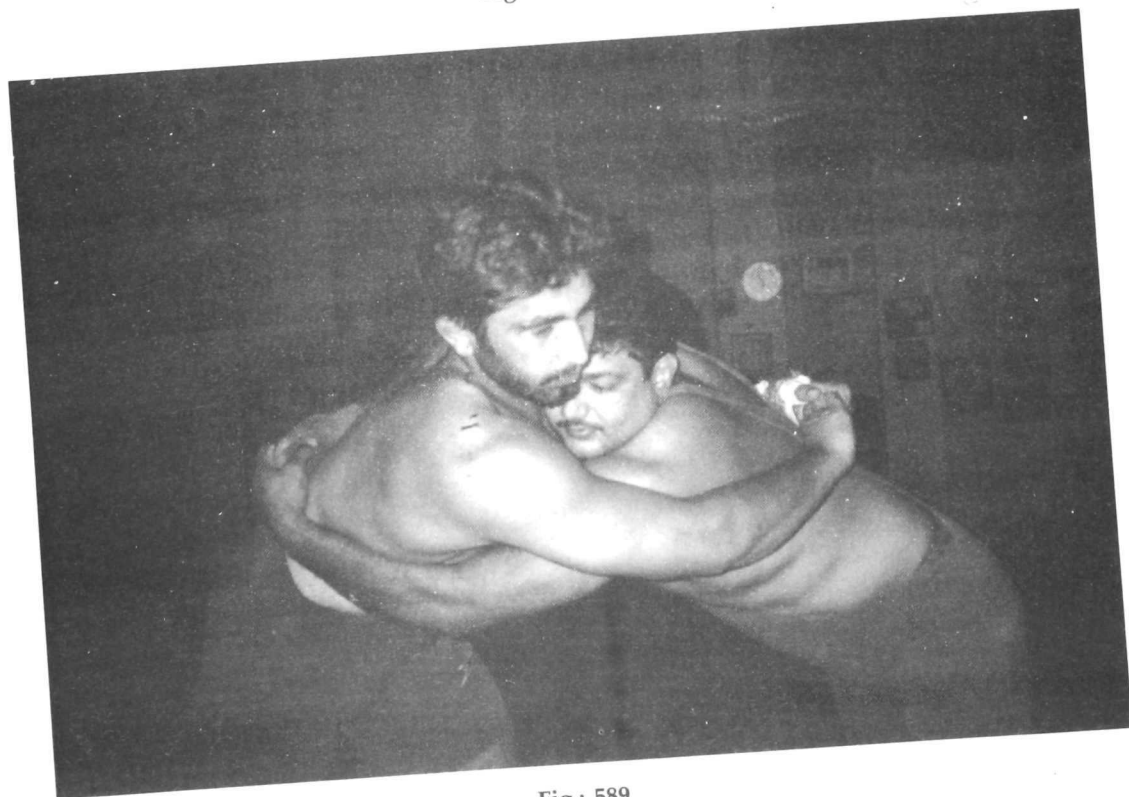


Fig.: 589

FOREWORD

Wrestling, like all other sports, obeys Rules which constitute the "Rules of the Game" and define its practice, the aim of which is to "pin" the opponent or to win on points. These regulations apply to all the styles recognised by modern wrestling.

The Greco-Roman Style and the Free Style basically differ as follows:

In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the belt line, or to trip him or to use the legs actively to perform any action.

In Free Style wrestling, however, it is permissible to grasp the legs of the opponent, to trip him and to use the legs actively to perform any action.

Double Nelsons are strictly forbidden in women's wrestling.

Special rules apply to traditional wrestling in regions where it is practised.

Frequently modified and always subject to further modification, the Rules set forth herein must be known and accepted by all. They call upon those who practise the sport to fight totally and universally, with complete honesty and fair play.

FILA

FREE STYLE WRESTLING
WOMEN'S WRESTLING
GRECO-ROMAN WRESTLING

GENERAL RULES

ARTICLE 1—OBJECTIVES

The article is drawn up to implement the provisions of article 2 of the FILA Statutes

- considering the Financial Regulations in its article 7
- considering the Disciplinary Regulations in its Title II, chapter 1
- considering the Regulations governing the organization of international contests.

The International Rules of Wrestling have, as their specific objectives, to:

- define and specify the practical and technical conditions under which bouts are to take place
- determine the value to be assigned to wrestling actions and holds
- list situations and prohibitions
- determine the technical functions of the officials
- determine the methods of classification, penalty, elimination of competitors, etc.

Being subject to modification in light of practical observations as to their application and research into their effectiveness, the international Rules set forth in the following document constitute the framework within which the sport of wrestling is conducted in its various modes. Points specific to women's wrestling are found in the annexe. Traditional wrestling is governed by rules specific to the various styles.

ARTICLE 2—INTERPRETATION

In the event of disagreement as to the interpretation of the provisions of any article in the following Rules, the Executive Bureau of FILA is solely empowered to determine the exact meaning of the article(s) in question. Only the French text shall be held as true.

ARTICLE 3—APPLICATION

Application of these Rules to the Olympic Games, to Championships and to all international meets under the control of FILA is compulsory.

During international tournaments, a competition procedure that differs from that set out in the Rules may be used provided that permission has been granted by the FILA and all participating countries.

COMPETITIONS AND PROGRAMMES

ARTICLE 4—COMPETITION METHOD

Competition System and Method

Wrestling competitions take place under a system of pools of 3 or 4, without seeds, everybody against everybody.

They take place in the following manner:

(a) Elimination by pool

The wrestlers are paired in the order of the numbers drawn at random during the weigh-in from the smallest to the largest number, i.e.: No. 1 against No. 2, etc. and decided into the pools of 3 or 4 according to the enclosed table.

They compete against everyone in the pool. The wrestler who has the highest number of classification points will qualify for the rest of the competition.

In the event of a draw in the classification points, the following elements will be examined to decide who is qualified:

- the victory of one over the other
- technical points
- warnings
- passivity comments

The winners of each pool then compete in the direct elimination system.

All the eliminated wrestlers are classified according to the same criteria as above.

Special cases

- If the number of competitors is between 2 and 5 (two and five), they will compete using the system of everyone against everyone else (see annexe 3).
- If the number of competitors is between 6 and 8 (six and eight), both the pool

winners compete in the final for 1st and 2nd place and those who came 2nd in the pool compete for the 3rd and 4th places.

- If the number of competitors is between 9 and 10 (nine and ten) or 11 (eleven) wrestlers in a weight category, the second placed wrestlers in each pool will make up a repechage pool who will wrestle against each other. The winner will be the fourth wrestler qualified for the semi-finals and will be placed at the bottom of the table. In the event of this wrestler having already competed against the winner of pool 3, the pairing of the semi-final shall be crossed over.
- If there is a draw from the classification criteria, the wrestler who has the highest number of wins by fall shall be classed highest.
- If a wrestler is injured and cannot carry on competing, he will be placed depending on his results until his elimination. The pairing afterwards is not modified and his opponent(s) will automatically win their matches. In this situation, the winning wrestler will receive 4 classification points.

(b) Qualification rounds

When the winners of each pool are known, sometimes it is necessary to have a qualification round using the direct elimination system in order to obtain the ideal number of 4, 8 or 16 wrestlers for the rest of the competition.

The pairing in this round is between the wrestlers placed at the top of the table.

The wrestlers eliminated during the qualification round will automatically be placed higher than those eliminated from the pools.

They will be placed using the following criteria and *Only* in the qualification round:

- classification points
- technical points
- warnings
- comments on passivity

(c) The finals

The final rounds take place using the direct elimination system until there are only 2 non-eliminated wrestlers who will compete for 1st and 2nd place.

The losers of the semi-finals will compete against each other for 3rd and 4th place.

The wrestlers eliminated during the final rounds will be placed according to the classification points obtained during their last match. In the event of draw, they will be placed using the following criteria:

- technical points
- warnings
- comments on passivity

Final matches for the 5th and 6th place will only take place during the Olympic Games between the best losers of the 1/4 finals, according to the classification criteria.

At each competition round, one weight category competes on one mat, not on several at the same time.

N. B. If a wrestler does not present himself to the mat for whatever reason—either during a

qualification match or in finals—his opponent wins the match.

ARTICLE 5—COMPETITION PROGRAMME

Competitions last as follows:

- (a) Olympic Games four days on three mats per style
- (b) Senior World Championships four days on three mats per style
- (c) Junior World Championships four days on three mats per style

However, depending on the number of entries received, one mat can be added or withdrawn for all competition types, with FILA's agreement.

In principle, for all competition types, sessions will not last longer than three hours.

For all competition types, a category ends after a maximum of three days:

- first day and second day elimination by pool and qualifying rounds
- third day semi-finals and finals

Each round of the competition per weight category must take place on the same mat and not on several at the same time.

As a rule, a wrestler must not take part in more than four matches per day.

All the matches for the 1st, 2nd, 3rd and 4th place must take place on the same mat.

One weight category's competitions can go on for one or two days, depending on the number of wrestlers involved.

MATERIAL STRUCTURE

ARTICLE 6—AGE CATEGORIES—WEIGHT CATEGORIES—COMPETITIONS

(a) Age categories

The age categories are as follows:

Schoolboys	14-15 years (from 13 with medical and parental certificate)
Cadets	16-17 years (from 15 with medical and parental certificate)
Juniors	18-20 years (from 17 with medical and parental certificate)
Seniors	20 years and older

Wrestlers in the junior age category are allowed to participate in the competitions for seniors.

Age will be verified at all Championship and competitions during the final registration, 6 hours before the weigh-in.

To do so, the head of each delegation shall submit the following documents to the FILA technical delegate:

- The wrestler's licence with the stamp for the current year.
- The wrestler's individual passport or identity card (group passports are not accepted).
- An honour certificate for each participant issued by the President of the National Federation attesting to the wrestler; this certificate must be drawn up in accordance with the model supplied by FILA, on the National Federation's headed note paper.
- The nationality of each participant in an international competition must also be verified at the weigh-in by the presentation of a passport or identity card.
- A wrestler may participate in a competition only under the nationality

appearing on his passport. If, at any time, it is determined by FILA that the statement was false and that fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the Federation, the wrestler and the person whose signature appears on the fraudulent certificate.

Each wrestler who competes in a competition automatically authorises the FILA to use film footage or photographs of his image for the diffusion or promotion of that competition or of competitions to take place in the future. If a wrestler does not agree to these conditions, he will have to make this clear at the entry stage and may therefore be excluded from the competition.

(b) Weight categories

<i>School Boys</i>	<i>Cadets</i>	<i>Juniors</i>	<i>Seniors</i>
1. 29-32 kg	1. 39-42 kg	1. 46-50 kg	1. 48-54 kg
2. 35 kg	2. 46 kg	2. 54 kg	2. 58 kg
3. 38 kg	3. 50 kg	3. 58 kg	3. 63 kg
4. 42 kg	4. 54 kg	4. 63 kg	4. 69 kg
5. 47 kg	5. 58 kg	5. 69 kg	5. 76 kg
6. 53 kg	6. 63 kg	6. 76 kg	6. 85 kg
7. 59 kg	7. 69 kg	7. 85 kg	7. 97 kg
8. 66 kg	8. 76 kg	8. 97 kg	8. 97-130 kg
9. 73 kg	9. 85 kg	9. 97-130 kg	
10. 73-85 kg	10. 85-100 kg		

Each contestant deemed to be taking part of his own free will, and responsible for himself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in.

For categories in the senior age group, competitors may opt for the next higher category

than the one for which they are entered, except for the heavy weight category, for which contestants must weigh over 97 kg.

(c) Competitions

International competitions for the various age categories are as follows:

Schoolboys 14-15 years

- International competitions (bilateral and regional)

Cadets 16-17 years

- International Competitions
- Continental Championships each year Juniors 18-20 years
- International competitions
- Continental Championships each year
- World Championships each year Seniors 20 years and older
- International competitions
- Continental Championships and Cups each year
- World Cups and Championships each year (apart from Olympic Games years)
- Challenge matches, Masters, International Grand Prix, FILA Grand Prix Galas, Super Star matches
- Olympic Games

Veterans 35 years and older

- Competitions according to the programme, specific categories and Regulations

All the above-mentioned competitions will be conducted according to FILA Rules.

ARTICLE 7—COMPETITOR'S LICENCE

Any cadet, junior, or senior wrestler who competes in the Olympic Games, World Championships, World Cups, Continental Championships, Cups and Games. Regional Games and the World League must hold an international competitor's licence, as defined by the specific Regulations.

The competitor must, at the weigh-in, present his licence to the official delegate who, in turn shall submit it for verification to the FILA representative. The latter shall return it on the same day to the team manager of the said competitor.

The licence is valid only when it bears the FILA stamp for the current year. But paying for the

stamp, the wrestler (apart from Veterans) is insured for the official Championship in which he is participating (World and Continental Championships and World and Nations Cups).

ARTICLE 8—DRESS

Contestants must appear on the edge of the mat wearing a FILA approved one-piece singlet of the colour assigned to them (red or blue); upon the basis of this colour, the singlet may be of any design. It is forbidden to have a mixture of red and blue colours.

In Greco-Roman wrestling, contestants may wear a full one piece singlet, from foot to shoulder or covering the thigh to the knee or extending below the knee.

In Free Style wrestling, the singlet may only go to mid-thigh.

The wrestler must:

- wear his country's emblem on his chest
- must wear the abbreviation of his country's name-maximum size 10 cm * 10 cm on the back of his singlet
- have a tissue with him and must show it to the referee before the match
- using light knee pads containing no metal parts is allowed.
- contestants must not wear the emblem or abbreviation of another country.

During World Championships, Continental Championships and other competitions contestants may wear a sponsor's name on their thigh or back. This is not allowed during the Olympic Games, where IOC rules apply.

Contestants may wear their sponsor's names on the back or sleeves of their robes or tracksuits.

FILA approved ear protectors are obligatory for schoolboy, cadet and junior age groups and for all women's age categories.

Any addition to this dress is prohibited, except when the bout is interrupted because of injury or for any other reason. During this stoppage, the wrestler may cover himself with a warm garment (robe).

- Contestants must wear wrestling shoes providing firm support for the ankles. However, the use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may

be without laces. Shoes with laces should be wrapped with sticky tape so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

- At the beginning of each day, each day, competitor must be closely shaven or have a beard of several months' growth.
- Hair must be short or tied if the referee deems it necessary.

It is also prohibited to:

- wear bandages on wrists, arms or ankles except in the case of injury and on doctor's orders. Such bandaging must be covered by elastic strapping
- apply any greasy or sticky substance to the body
- arrive at the mat perspiring for the beginning of the match as well as for the second period
- wear any object that might cause injury to the opponent, such as rings, bracelets, earrings, prosthesis, etc.

Each contestant must be able to meet the requirements of the first paragraph of this article. If this is not the case, the officials will allow a maximum of 1 minute in order for this to be done. If, after this time, the wrestler is still at fault, he will lose the match by abandon.

ARTICLE 9—THE MAT

A FILA approved mat, with a 9 metre diameter and surrounded by a 150 m border of the same thickness, is obligatory in the following contests: Olympic Games, Championships, Cups and all international competitions.

A red band one metre wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9 metres in diameter.

The following terms will be used to designate the various parts of the mat:

- The interior part of the mat lying within the red band will be called the central wrestling area (7 metres in diameter).
- The red band; passivity zone (1 metre in width)

- The border: protection area (1.5 m in width)

In the case of poor visibility, the mat should be set upon a raised platform, the height of which should not be greater than 1.10 metres. Posts and ropes are prohibited.

If the mat is set on a platform, and if the protective margin (the border and free space around the mat) does not total metres, the sides of the platform shall be equipped with panels sloping at a 45 angle. The protection area shall always be of a colour that is different from that of the mat.

The flooring near the mat must be covered with a soft covering, carefully fastened into place.

The mat must have a canvas cover that must be washed and disinfected before every wrestling session to avoid contamination. The canvas eyelets must have protective coverings. However, when mats that have a smooth uniform and nonabrasive surface are used (canvas included), the same hygienic measures must also be applied.

A circle must be traced in the middle of the mat with an inside diameter of one metre and a surrounding band 10 cm wide. The colour of the line just described and that of the line marking of the wrestling area must be red.

Furthermore, the diagonally opposite corners of the mat are marked out in the wrestlers' colours; that is, red and blue.

Finally, the mat should be installed so that it is surrounded by a wide, open space, in order to allow the competition to proceed normally.

ARTICLE 10—MEDICAL SERVICE

As specified in Article 7 of the Regulations defining the international competitor's licence, each wrestler must undergo a medical examination in his own country three days before leaving for Championships, Cups and Games.

The organiser of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical assistance during the bouts. The medical service must also assist in detecting doping cases.

The medical service, which is required to operate throughout the competition, is under the authority of the FILA doctors in charge.

Before the competitors weigh-in, the doctors shall examine the athletes and evaluate their state

of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.

Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident, and to decide whether a wrestler is fit to continue to contest.

Doctors from the participating teams are fully authorised to treat their injured wrestlers, but only the coach or team officer may be present while treatment is being administered by the doctor.

ARTICLE 11—MEDICAL SERVICE INVOLVEMENT

The FILA doctor in charge has the right and duty to stop a bout at any time through the mat chairman, whenever he considers that either competitor is in danger.

He may also stop a bout immediately by declaring one of the wrestlers unfit to continue.

The wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal.

In the event of a wrestler being injured, the referee must immediately ask the doctor to intervene and must ask him if the stoppage is justified or not. If the doctor signals that the stoppage is intentional, the referee will ask the judge or the mat chairman to impose a sanction (point ad warning).

If a wrestler has a visible injury or is bleeding, the doctor will have the time necessary to treat the injury and it is the doctor who decides if the wrestler can carry on the match or not. There is no time limit.

In the case of any medical dispute, the doctor for the team of the wrestler in question has the right to intervene in any treatment required, or to give his advice on an intervention or decision made by the medical service. Only the FILA Medical Commission delegate may propose to the officials that the bout be stopped.

In competitions where there is no official doctor, the referee can suspend the bout for a maximum

of 2 minutes in one match. The officials decide if the wrestlers are acting intentionally or not.

This stoppage can be allowed on one or more times and is valid for both wrestlers.

The time-keeper for the mat concerned will announce each 30 second interval.

The referee must invite the wrestlers to return to the centre of the mat 10 seconds before the 2 minutes are up.

In international competitions where the FILA Medical Commission is not represented, the decision to interrupt the bout will be taken by the FILA delegate or by the FILA nominated referee following consultation with the competition doctor and the injured wrestler's team doctor.

In all cases, the doctor making the decision to prohibit the wrestler from continuing the bout shall be of a nationality other than that of the wrestler in question, and the doctor must not be involved in the weight class concerned. (See Health Regulations).

ARTICLE 12—DOPING

In applying the provisions of Article 9c of the FILA Statutes, and in order to combat the possibility of drug use, which is formally prohibited, FILA reserves the right to require that wrestlers undergo examinations or tests in all competitions it supervises.

This provision must be applied at Continental and World Championships, according to FILA Regulations, and at the Olympic and Continental Games, according to IOC Rules.

In no case may competitors or officers oppose this verification without incurring immediate elimination and the penalties imposed for doping.

The FILA Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means in deems useful.

Suitable samples will be taken by a doctor certified by FILA, in the presence of an officer for the wrestler to be tasted.

Where sampling is not carried out under the conditions set out above, the results obtained shall be considered void. (See Doping Regulations.)

OFFICIALS

ARTICLE 13—COMPOSITION

In all competitions, the officials for each bout shall consist of the following:

—1 mat chairman—1 referee—1 judge

that is, three officials qualified or designated by the Regulations for international judges and referees.

Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed.

Furthermore, it is strictly forbidden for an official to officiate in bouts involving wrestlers of the same nationality as himself.

ARTICLE 14—GENERAL DUTIES

- (a) Officials shall perform all the duties set forth in the Regulations governing wrestling competitions and in any special provisions which might be established for organization of particular competitions.

It is the duty of officials to follow each bout very carefully and to evaluate the actions of the wrestlers so that results shown on the judge's score sheet accurately reflect the specific nature of said bout.

- (b) The mat chairman, referee and judge shall evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who coordinates the work of the officials.
- (c) It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and to impose the penalties stipulated in the Rules.
- (d) The score sheets of the judge and mat chairman are used to tally all the holds executed by the two opponents. The

points, cautions (O) and warnings for passivity (P) must be recorded with the greatest accuracy, in the order corresponding to the various phases of the bout. These score sheets must be signed by the judge and mat chairman, respectively.

- (e) If a bout does not end in a fall, the decision shall be made by the mat chairman. It shall be based on an evaluation of all the actions of each competitor, recorded from beginning to end on the judge's and mat chairman's score sheets.
- (f) All the points awarded by the judge must be announced to the public as soon as they are determined, either by means of bats, an electric scoreboard, or by any other appropriate device.
- (g) Officials are required to use the basic FILA vocabulary that is appropriate to their respective roles when conducting the bouts. However, they are forbidden to speak to anybody during the bout, except, of course, amongst themselves when the occasion requires them to do so for consultation and to perform their tasks properly.

ARTICLE 15—THE REFEREE

- (a) The referee is responsible for the orderly conduct of the bout on the mat, which he must direct according to the Rules.
- (b) He must command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he must conduct the bout without tolerating any irregular and untimely outside interventions.

- (c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.
- (d) The referee shall order the return of the wrestlers to the mat after they have left it, or the continuation of the bout in the standing or "par terre" position (on the ground), above or below, with the approval of the judge, or failing that, with the approval of the mat chairman.
- (e) The referee is required to wear a red wristband on his left arm, and a blue wristband on his right arm. He shall indicate with his fingers the points corresponding to the value of a hold after its execution (if it is valid, if it has been executed within the limits of the mat, and if a wrestler has been put in a danger position, etc.), either by raising his right arm if the wrestler in blue scored the points, or by raising his left arm if the wrestler in red scored them.
- (f) The referee must never hesitate to:
- reprimand the passive wrestler or wrestlers
 - interrupt the bout at exactly the right time, neither too soon nor too late
 - indicate whether a hold executed at the edge of the mat is valid
 - visibly count the five seconds during which the wrestler is held in a bridge position and award the additional point for this situation
 - signal and announce TOUCHE (fall) after seeking the agreement of the judge, or if this is not possible, of the mat chairman. In order to determine whether a wrestler has actually been pinned to the mat by both shoulders at the same time, the referee must say the "touche" (fall) to himself, raise his hand to secure the agreement of the judge or the mat chairman, strike the mat with his hand and then blow the whistle.
 - indicate to the judge and mat chairman the wrestler whom he considers passive, without interrupting the bout. After approval, indicate this passivity to the wrestler at fault, using the correct procedure.
- (g) The referee must:
- not get too close to the wrestlers when they are standing, since he would not be able to see their legs. However, he must stay close to them if they are wrestling in the "par terre" position.
 - rapidly and clearly order the position in which wrestling must be resumed: standing or "par terre" when he sends the wrestlers back to the centre of the mat (their feet in the central circle).
 - not stand so close to the wrestlers that he obstructs the view of the judges and the public, particularly if a fall appears imminent.
 - ensure that the wrestlers do not rest during the bout on the pretence of wiping their bodies, blowing their noses, pretending to be injured, etc. In such cases, he must stop the bout and signal the timekeeper.
 - be able to change his position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his belly to obtain a better view of an imminent fall.
 - be able to stimulate a passive wrestler without interrupting the bout, by standing in such a way as to prevent the wrestler from leaving the mat
 - be ready to blow the whistle if the wrestlers approach the edge of the mat.
- (h) The referee is also required to:
- pay special attention to the wrestler's legs in Greco-Roman Wrestling
 - require the wrestlers to remain on the mat until the result of the bout is announced.
 - in all cases where agreement is necessary, first ask the opinion of the judge at the edge of the mat facing the mat chairman.

- vote with or against the officials in situations where they must make the decision concerning a disqualification or victory.
 - proclaim the winner after agreement with the mat chairman.
- (i) The referee requests penalties for violation of the Rules or for brutality.
 - (j) The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority when the wrestlers' scores are 10 points apart.

ARTICLE 16—THE JUDGE

- (a) The judge is responsible for all the duties stipulated in the general Rules of wrestling.
- (b) He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and mark them on his score sheet, in agreement with the referee or mat chairman.

He must give his opinion in all situation.

- (c) Following each action, and on the basis of the referee's indications (which he compares with his own evaluation) or, failing this, on the basis of the mat chairman's indications, he records the number of points awarded to the action in question, and enters the results on a scoreboard placed beside him. This scoreboard must be visible to both the spectators and wrestlers.
- (d) He shall give his opinion or may himself indicate the passive wrestler.
- (e) The judge verifies and signals the fall (TOUCHE) to the referee.
- (f) If, during the bout, the judge notices something that he feels he should bring the bout, to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do by raising the bat of the same colour as the singlet of the wrestler in question, even if the referee has not asked for his opinion.

In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

- (g) The judge must, moreover, sign the score sheet handed to him upon receipt, and at the end of the bout, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser.
- (h) The decisions of the referee and judge are valid and enforceable without the intervention of the mat chairman, if they are in agreement—except for proclamation of victory by technical superiority, in which case the mat chairman is required to give his opinion.
- (i) The judge's score sheet must accurately indicate the time at which a bout ends in the case of victory by a fall, technical superiority, withdrawal, etc.
- (j) To make it easier for the judge to supervise the bout, particularly in a delicate position, he is authorised to change positions, but only along the edge of the mat over which he has control.
- (k) The judge must indicate on his score sheet with the letter "P" each time a wrestler has received a warning for passivity.
- (l) He must also indicate, by underlining, points received by either wrestler for executing the gut wrench.
- (m) Cautions for fleeing the mat, illegal holds, incorrect resumption of the "par terre" position, or brutality will be noted by an "O" in the column of the wrestler at fault.

ARTICLE 17—THE MAT CHAIRMAN

- (a) The mat chairman, whose functions are very important, shall assume all the duties provided for in the Rules of wrestling.
- (b) He shall co-ordinate the work of the referee and the judge.
- (c) He shall order the bout to go into extra time in all cases set out in the Rules.
- (d) He is obliged to follow the course of the bouts very carefully, without allowing himself to be distracted in any way, and to evaluate the behaviour and action of the other officials according to the Rules.
- (e) In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the number of points and the falls.

- (f) In no case may the mat chairman be the first to give an opinion. He must wait for the opinion of the referee and judge. He is not entitled to influence the decision.
- (g) In the case of a flagrant violation, the mat chairman has the right to interrupt the bout and to ask for the reasons motivating the decisions made by the referee and judge. After consultation with the referee and judge, he may immediately rectify the decision if the majority of votes are in his favour (2 versus 1).
- (h) In general, the mat chairman must be able to apply his technical and special skills as provided for in the relevant chapter of the Regulations for international judges and referees.

ARTICLE 18—DECISION AND VOTE

- (a) The referee shall indicate his decision by raising his arm and clearly showing the points with his fingers. If the referee and judge agree, the decision is announced.

The mat chairman is not entitled to influence or change a decision if the referee and judge are in agreement. In case of an obvious violation of the Rules, the mat chairman must ask for a consultation.

- (b) If a vote is taken, the judge and mat chairman must indicate their votes using bats.

There are 11 bats, painted different colours: blue, red and white, as follows:

- one (1) white
- five (5) red, four (4) of which are numbered 1, 2, 3, 4, 5 to indicate the points and one (1) of which is an unmarked bat intended for cautions and to attract the attention of the wrestler concerned
- five (5) blue bats, four (4) of which are numbered as the red bats, with one bat unmarked

They must be kept within easy reach of those who are to use them.

Under no circumstances may the judge abstain from voting. He must express his decision clearly, leaving no room for ambiguity. Where there is disagreement, the mat chairman makes the decision. This decision, in which he must decide between the opposing opinions of the referee and judge, obliges the mat chairman to vote in all cases for one or the other of the views given.

- (c) If the bout lasts until the end allotted time, the mat chairman's score sheet will be taken into consideration when designating the winner. The public scoreboard must conform with the mat chairman's score sheet at all times during the bout.

If there is a difference of one or more points between the judge's and mat chairman's score sheets, only the score on the mat chairman's score sheet will be considered.

- (d) The mat chairman shall announce his position only when the referee and judge disagree.

ARTICLE 19—DECISION TABLE

Assignment of points or cautions.

When observing a wrestling action, the referee and judge award the points, cautions and warnings for passivity indicated below which, in each of the cases put forward, provides the following result:

(R = red wrestler; B = wrestler; O = zero points)

Position of the official

Referee	Judge	Mat chairman	Official Result
1R	1R	-	1R
2B	2B	-	2B
3R	3R	-	3R
5R	5R	-	5R

Comments: In the examples above, the referee and judge agree, and the mat chairman does not intervene.

Referee	Judge	Mat chairman	Official Result
1R	0	0	0
1B	1R	1R	1R
2R	1R	2R	2R
2B	0	2B	2B
3R	2R	2R	2R
3B	1R	3B	3B

Comments: In the examples above, the judge and the referee disagree on the awarding of points. The mat chairman intervenes and the majority principle is applied.

In the event of any flagrant violation of the Rules, the mat chairman must call for a consultation.

If after consultation, the referee and judge still do not agree, the mat chairman shall make a decision, agreeing with either the referee or judge.

Example:

Judge	Referee	Decision of mat chairman
1R	1B	1R or 1B
2R	2B	2R or 2B

ARTICLE 20—PENAL TIES AGAINST THE OFFICIALS

Upon receiving a report from competition delegates, the FILA Bureau, which constitutes the supreme jury, shall have the right to take the following disciplinary measures against the official(s) technically at fault:

- 1. Give the official(s) concerned a warning.
- 2. Withdraw the official(s) from the competition.

- 3. Demote the official(s) to a lower category.
- 4. Order a temporary suspension.
- 5. Order a final dismissal.

ARTICLE 21—REFEREES' DRESS

Referees shall wear an all-white shirt or pullover. Trousers and shoes shall also be white. They may wear a jacket when they are not refereeing.

The referee shall wear the FILA logo on his chest.

The referee may not wear the name of a sponsor. However, the number on his back may include the name of the FILA sponsor.

The mat chairman must also be dressed in white, but, while performing his duties, he must wear a blue jacket.

COMPETITION PROCEDURE

ARTICLE 22—WEIGH-IN

The final list of contestants must be submitted to the organising committee's secretariat by team manager, without fail, 6 hours before the start of the weigh-in. No changes will be accepted after this time.

The weigh-in always takes place on the day before the competition between 1800 hours and 2000 hours, at the organiser's discretion. Weigh-in last 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination within the time period stipulated in the Regulation governing the competition in question. Medical examinations are always performed one (1) hour before the weigh-in.

The contestants will be weighed with their singlet but without their shoes after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.

No weight tolerance will be allowed for the singlet.

Contestants must be in perfect physical condition, with their fingernails cut very short, which will be checked at the weigh-in.

Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish. For competitions where bouts last two or three days, the competitors involved will be weighed on the day before the competition for their category begins.

For all competitions, there is only one weigh-in per weight category.

ARTICLE 23—DRAWING OF LOTS

Participants shall be paired off for each round according to the numerical order determined by the

drawing of lots during the weigh-in, before the competition begins.

The drawing of lots must be conducted in public. Numbered tokens corresponding to the number of wrestlers who underwent a medical examination must be enclosed in an urn, a bag or any other similar object, so as to prevent any differentiation.

The wrestler shall be weighed, and, as he leaves the scales, shall draw his number himself, on the basis of which he shall be paired off.

This number must be immediately entered on a notice board visible to the public, as well as on the starting and weigh-in list.

Important: When the person responsible for the weigh-in and drawing of lots observes an error in the regulation procedure as outlined above, the drawing of lots for the category in question is to be cancelled.

Drawing of lots for this category will then be repeated.

ARTICLE 24—INITIAL CLASSIFICATION LIST

If one or more wrestlers do not attend the weigh-in are too heavy, after the weigh-in, wrestlers are regrouped in a precise order of classification from the lowest to the highest number.

No. 1 E	No. 7 J	
No. 2 H	No. 8 L	
No. 3 B	No. 9 I	Wrestlers are therefore
No. 4 A	No. 10 G	regrouped by numerical
No. 5 D	No. 11 K	order
No. 6 C	No. 12 F	
etc.		

ARTICLE 25—PAIRING OFF

Wrestlers shall be paired off into pools in the order of the numbers they drew. A document establishing the correct procedure and time

schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is conducted.

The pairing for each round, as well as the results, are recorded on a board for use by the competitors, who must be able to consult it at all times (see enclosed table).

ARTICLE 26—ELIMINATION FROM THE COMPETITION

- A wrestler who, without medical advice and without notifying the official Secretariat, does not present himself to his opponent when his name is called is disqualified and not placed. His opponent(s) will win the match.
- If a wrestler commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by FILA, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will not be placed.
- If two wrestlers are disqualified for brutality in the same match, they will not be placed and the pairing will not be modified in the subsequent round.
- If this disqualification perturbs the finals, the competitors immediately below will be moved up the table to compete in the finals or to draw up the placings.

ARTICLE 27—AWARDS CEREMONY

The first three wrestlers in each category shall take part in the awards ceremony, and receive a medal and a certificate, according to their ranking.

1st GOLD 2nd SILVER 3rd BRONZE

At the World Championships, the winner will receive the World Championship Belt. (See Rules governing distinctions and awards).

The wrestlers who are placed 4th to 10th will receive a certificate.

ARTICLE 28—CLASSIFICATION BY TEAM DURING INDIVIDUAL COMPETITIONS

The team classification is determined by the first 10 wrestlers who are classified at the competition.

Place	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

In the event of equal classification, the points will be added up and divided among the wrestlers involved. The application of the above-mentioned table remains invariable, whatever the number of wrestlers in each category.

In the event of equal classification of several teams, the team having obtained the most first places is placed first, etc.

ARTICLE 29—CLASSIFICATION DURING TEAM COMPETITIONS

General principles

A team must comprise eight wrestlers; one wrestler for each weight category with a minimum of seven wrestlers per team.

Each team is allowed to weigh-in ten wrestlers.

Each meet consists of two parts—home and away—with a pause of 10-15 minutes between each part.

At the end of these two parts, the positive points are added for each wrestler and the team with the most points wins the meet.

Each team may change wrestlers for the second part of the meet if they have been weighed-in beforehand.

In a competition between only two teams

The result is determined by adding the classification points awarded to each wrestler at the end of a bout as described in Article 4(5-0/4-0/4-1/3-0/3-1).

The team with the most classification points will be declared the winner.

If the two teams have an equal number of classification points, the winner will be determined by assessing the following:

- the most victories by fall, withdrawal, disqualification, default or injury
- the most victories by technical superiority (10 points difference)
- the most victories on points
- addition of all technical points of the wrestlers of each team. The team with the highest number of technical points will be the winner.

If a competition involves more than two teams:

The result of each bout is also determined by adding the classification points awarded to each wrestler at the end of a bout.

If two teams have an equal number of classification points, a winner will not be decided

according to the quality of the victories, but the teams will be considered to be tied.

The final classification of teams is made by awarding points to each team at the end of each bout.

- the winning team receives 2 points
- the losing team receives 0 point
- in the event of a draw, both teams receive 1 point

If, at the end of all a competition's matches, 2 or more teams have the same number of points, they will be placed by adding the classification points accumulated during all the competition, and the team which has the most classification points will be the winner.

THE BOUT

ARTICLE 30—DURATION OF THE BOUTS

The duration of the bouts is set as follows:

- For schoolboys and cadets:

2 periods of 2 minutes

- For juniors, and seniors:

2 periods of 3 minutes.

The break between the two periods lasts 30 seconds.

A maximum of three (3) minutes is allowed for extra time for all age categories.

ARTICLE 31—CALL

The contestants are called in a loud and clear voice to present themselves on the mat. A contestant cannot be called to compete in a new bout until he has had a rest period of 30 minutes from the time his preceding bout ended.

However, a delay is granted to any wrestler in the following manner:

The competitors must be called three times at 30-second intervals. If the wrestler does not come forward after the third call, he will be disqualified and will not be placed. His opponent will win the bout by default.

These calls are made in both French and English.

ARTICLE 32—PRESENTATION OF WRESTLERS

The following ceremony takes place for each category:

At the end of the eliminatory pools and the classification round for each weight category, all the wrestlers qualified for the rest of the competition are introduced to the public with their record of achievement.

At the beginning of each finals round, the same procedure shall be applied.

ARTICLE 33—START OF THE BOUT

Before the bout begins, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him. The corner is the same colour as the singlet he has been assigned to wear.

The referee, standing in the central circle in the middle of the mat, calls the two wrestlers to his side. He then shakes hands with them and examines their dress, checks that they are not covered with any greasy or sticky substance, verifies that they are not perspiring, verifies that their hands are bare and that they have a handkerchief.

The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.

ARTICLE 34—INTERRUPTING THE BOUT

- (a) If a contestant finds himself forced to interrupt the bout because of an injury or because of any other acceptable incident beyond his control, the referee may stop the wrestling according to article 11 of these Rules.

During such an interruption, the wrestler(s) must stand in their corner. They can cover their shoulders with a towel and receive advice from their coach.

- (b) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped.
- (c) The mat chairman may order the bout to be interrupted in the event of a serious error on the part of the referee. He may also interrupt the bout if there has been a serious scoring error by the referee and

judge. In these cases, he will request a consultation.

- (d) Under no circumstances may a contestant take the initiative to interrupt the bout himself, by deciding to wrestle in the standing or "par terre" position, or by pulling his opponent back from the edge of the mat to the centre.
- (e) If a match must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be disqualified and the injured wrestler will be declared the winner.

ARTICLE 35—END OF THE BOUT

The bout ends either when a fall is declared, or when victory is declared by technical superiority (10 points), by disqualification of one of the opponents, by injury, or upon expiration of the wrestling time allowed, signalled by the sound of the gong and the referee's whistle.

If the referee has not heard the gong, the mat chairman must intervene and stop the bout by throwing a soft plastic object provided for that purpose on to the mat, in order to attract the referee's attention.

Any action begun at the time when the gong sounds is not recognised and no action performed between the sounds of the referee's whistle is valid.

When the bout has ended, the referee stands in the centre of the mat facing the officials' table. The wrestlers shake hands, stand on either side of the referee and await the decision. They are forbidden to lower the shoulder straps of their singlets before leaving the competition hall.

Immediately after the decision is announced, the wrestlers shake hands with the referee.

Each wrestler must then shake hands with his opponent's coach. If the above provisions are not observed, the wrestler at fault will be penalised in accordance with the Disciplinary Regulations.

ARTICLE 36—STOPPING AND CONTINUING THE BOUT

1. General Rules

In all cases, when the wrestling has been stopped standing, it will recommence standing.

- (a) Wrestling must be stopped and resumed at the centre of the mat in the standing position if:

- one foot touches the protection area
- the wrestlers in a hold go into the zone with three or four feet without executing the hold and stay there

2. Wrestling in the "par terre" position

In all cases, if the wrestler leaves in a "par terre" position, wrestling starts again in a "par terre" position whether he was being dominated when he left or whether it is after an action. The same applies if the match is stopped in a "par terre" position.

- (a) Wrestling in the "par terre" position must be stopped and resumed at the centre of the mat, also in the "par terre" position, when:
 - the defending wrestler is on his knees in the zone and is touching the protection area with both hands
 - the defending wrestler is flat on his belly and is touching the protection area with his head
 - a wrestler finds himself in a dangerous fall position on the protection area, or his shoulder or elbow is touching this area
 - if, because of an injury, a wrestler dominated on the ground requests a stop in the match, it will continue on the ground. It was also continue of the ground if the attacking wrestler requests a stop in the match.

ARTICLE 37—TYPES OF VICTORIES

A bout may be won by:

- a "fall"
- obvious superiority (10 points difference)
- injury, withdrawal, default
- disqualification of the opponent
- points, with the winner having to score a minimum of three technical points in regulation time or extra time
- a decision of the officiating team at the end of extra time, if no winner could be declared earlier

ARTICLE 38—EXTRA TIME

If both wrestlers have the same score on neither has obtained the required minimum three points at the end of regulation time, the referee must stop the match, disregarding the situation on the mat, consult the mat chairman and order that the bout be resumed in a standing position.

This extra time shall occur without any interruption and continue until the first technical point is scored, to the extent that this will enable the winner to attain the required minimum three points.

During extra time, the clause regarding the advantage of risk shall also be applied, and the wrestler applying the scored hold is always deemed to have scored the first point.

In the situation where neither wrestler has scored the three required points and the wrestler with zero points executes a two point move that leads immediately to a fall, this will be valid. In all other situations, there is no fall.

The extra time shall last a maximum of three minutes. If, at the end of that time, neither wrestler can be declared the winner, the officiating team shall make the decision.

It is also evident that all the points, cautions (O) and warnings for passivity (P) the wrestlers have accumulated during regulation time remain valid and shall serve as criteria when the officials their decision at the end of extra time.

ARTICLE 39—THE COACH

The coach may remain at the food of the platform or at least two metres from the edge of the mat during the bout.

Except for the assistance he is authorised to give to a doctor who is providing medical attention to his wrestler, the coach is strictly forbidden to influence decisions or to insult the referee or judge. He may only speak to the wrestler. If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a "Yellow" card (caution); if he persists, the mat chairman will present him with a "Red" card (elimination).

The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the mat chairman reports to the competition director, the coach shall be eliminated from the competition and may no longer continue his duties. However, the wrestling team involved shall have the right to obtain the services of another coach.

POINTS FOR ACTIONS AND HOLDS

ARTICLE 40—EVALUATION OF THE IMPORTANCE OF THE ACTION OR HOLD

In order to remove simulation during matches, when a wrestler tries unsuccessfully to execute a hold finds himself underneath in a par terre position without a move by his opponent, the wrestler above will not be awarded a technical point. Wrestling continues in a "per terre" position without the referee stopping the match.

However, if, during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to the ground, he will be awarded the point(s) that correspond to the action.

If the attacking wrestler executes hold on his own bridge, holds this position for a certain amount of time, and then completes his action by placing his opponent in the bridge position as well, he will not be penalised. Only the attacking wrestler will be awarded the points, as he will have completed the action in a hold that involved risks.

However, if the offensive wrestler is blocked under control in the bridge position or by a counteraction by his opponent, it is clear that points will be awarded to the latter wrestler.

Furthermore, the wrestler on whom a hold was initiated may only be awarded points if, by his own action, he has:

- (a) brought the offensive wrestler to the ground
- (b) conducted the action on a continuous basis
- (c) succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed

The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.

In cases where the wrestlers' actions lead them to change from one position to another, the points for all the actions are awarded according to their value. The instantaneous fall is considered a "danger position".

As soon as a contestant touches the mat with both shoulders (which counts as points to his opponent) and then adopts the bridge position, the 'instantaneous fall' will score two points.

When a wrestler finds himself in an instantaneous fall position, overpowers his opponent (to whom two points have been awarded) and then counterattacks and executes other holds, he will be awarded as many points as the number of holds applied.

Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action.

The referee will indicate the points. If the judge agrees, he will raise the bat bearing the colour and value in question (1, 2, 3 or 5 points). In the event of any disagreement between the referee and judge, the mat chairman must make a decision in favour of one or the other of the other of the wrestlers; he is not allowed to give a different opinion.

In the event of a fall that occurs at the end of regulation time, only the sound of the gong (and not the referee's whistle) is valid.

If there is a difference of opinion regarding the points awarded to a hold, the mat chairman will provide the tie-breaking vote in deciding the exact scoring. A hold must not be considered as a new action unless the contestants return to the initial position.

At the end of the bout, any hold is valid if it was completed before the gong sounded. In no event may a hold executed after the sound of the gong be counted.

ARTICLE 41—THE VALUE ASSIGNED TO THE GUT WRENCH AND ANKLE LACE HOLD

The gut wrench and ankle lace hold shall be evaluated as follows:

The point value for the gut wrench and its variations and the ankle lace hold is two (2) points when executed in the danger position and one point when there is no danger position.

Technical points shall not be awarded for several consecutive executions of these holds.

To earn points for another gut wrench or ankle lace hold in a bout, a wrestler who has already executed a gut wrench or ankle lace hold is obliged to score one technical point before again executing a gut wrench or ankle lace hold.

The ankle lace hold can only be executed once consecutively in order to avoid injury.

However, in order to maintain the dynamism of the bout and to encourage wrestlers to execute other holds, the bout will not be interrupted after the gut wrench, and the wrestler may execute it several times if he wishes in order to prepare for another hold or a fall. However, only the first gut wrench under the conditions described above will be scored.

When a wrestler applying a gut wrench moves to an instant fall situation, his opponent will always receive the two points, regardless of whether the attacker receives two, one zero points.

When a wrestler has received a warning for passivity (P) and in all the situations where wrestling is ordered in the "par terre" position after an interruption of the match, he may execute a gut wrench or ankle lace hold, notwithstanding the rule regarding the mandatory point between them.

ARTICLE 42—DANGER POSITION

A wrestler shall be considered in the 'danger position' when the line of his back (or the line of his shoulders) vertically or in parallel with the mat, forms an angle of less than 90 to the said mat when he resists with the upper part of his body to avoid a 'fall'. (See definition of 'fall').

The wrestler may resist with his head, elbows and shoulders.

The 'danger position' occurs when:

- (a) the defending wrestler assumes the bridge position to avoid being pinned
- (b) the defending wrestler, with his back toward the mat, supports himself on one or both elbows to avoid having his

shoulders forced onto the mat

- (c) the wrestler has one shoulder in contact with the mat and at the same time exceeds the 90° vertical line with the other shoulder (acute angle)
- (d) the wrestler finds himself in the instantaneous fall' position, that is, when he is on both shoulders for less than one second
- (e) the wrestler rolls over onto his shoulders

The 'danger position' no longer exists when the wrestler exceeds the 90 vertical line with his chest and belly facing the mat.

If the mat and the competitor's back form a 90° angle only, this cannot yet be considered a 'danger position' (the dead point).

ARTICLE 43—RECORDING THE POINTS

The judge marks the points obtained for the actions and holds executed by the wrestlers on a special sheet.

He notes them down as each action is performed during the bout. In order to have uniform scoring, the action bringing about a fall is to be noted on the score sheet by a circle, e.g. 2.

In order to distinguish other technical points from those awarded for a gut wrench, points given for a gut wrench must be underlined 1 or 2.

The caution for fleeing the mat, fleeing a hold, refusal to start, illegal hold and brutality shall be noted by (O).

After each caution (O) the opponent will automatically receive one or two technical points, depending on the gravity of the infraction.

The warning for passivity shall be noted by (P).

ARTICLE 44—GRAND AMPLITUDE HOLDS

Any action or hold by a wrestler in the standing position is deemed to be a 'grand amplitude' hold when:

- it causes his opponent to lose all contact with the ground, controls him, makes him describe a broadly sweeping curve in the air, and brings him to the ground in a direct and immediate danger position
- In the "par terre" position, any lift from the ground executed by the attacking wrestler, whether the attacked lands belly down (3 points) or in a danger position (5 points), is also considered a grand amplitude hold.

N. B. If the wrestler executing a grand amplitude hold himself touches the mat with both shoulders, he receives three or five points and his opponent receives two points, due to the instantaneous fall in the execution of the hold.

ARTICLE 45—VALUE ASSIGNED TO ACTIONS AND HOLDS

1 point:

- to the wrestler who bring his opponent to the ground by passing behind him, and while in this position holding him down with control (three points of contact: two arms and one knee or two knees and one arm)
- to the wrestler who applies a correct hold while standing on the mat or in the "par terre" position but who does not place his opponent in danger
- to the wrestler who overcomes, holds and controls his opponent by passing behind him.
- to the wrestler who blocks his opponent on one or two outstretched arms, his back facing the mat
- to the wrestler who is prevented from completing a hold because his opponent is maintaining an irregular hold, but who finally succeeds in completing the hold
- to the attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality
- to the wrestler who holds his opponent in a position of danger for five seconds or longer
- in wrestling on the ground, to the wrestler who has been dominated, controlled or brought to the ground and who raises himself up to the standing wrestling position facing his opponent and remaining in contact with him
- in order to stimulate spectacular holds requiring great technical effort, officials shall award an additional point for any hold executed during a lift from the ground that causes the causes the attacked wrestler to completely lose contact with the mat. In this situation, the referee shall award five or three points and will then also award the additional point.

2 points:

- to the wrestler who applies a correct holds while wrestling in the "par terre" position

and places his opponent in a position of danger or in an instantaneous fall position

- to the attacking wrestler whose opponent rolls onto his shoulders
- to the attacking wrestler whose opponent flees the hold by jumping off the mat in a position of danger
- to the attacking wrestler whose opponent engages in an illegal hold which prevents him from completing a hold or a fall he had initiated
- to the defending wrestler if the attacking wrestler goes into the instantaneous fall position or rolls onto his shoulders in executing a old
- to the wrestler who blocks his opponent in the execution of a hold from the standing position, in a position of danger

3 points:

- to the wrestler performing a hold in a standing position, which brings his opponent into a danger position by direct projection over a short amplitude
- for any hold executed by raising a wrestler from the ground, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground, insofar as the attack results in an immediate danger position
- to the wrestler who executes a grand amplitude hold which does not place the opponent in a direct and immediate danger position

Note: If, in performing a hold, the defending wrestler maintains contact with the mat with one of his hands, but is immediately placed in a danger position, the attacking wrestler will receive three points.

5 point:

The following are regarded as holds worth five points:

- all grand amplitude hold executed in a standing position which bring the defending wrestler to a direct and immediate danger position
- the hold executed by a wrestler in the "per terre" position who lifts his opponent off the ground with the execution of a grand amplitude hold which projects the opponent into a direct and immediate danger position.

CLASSIFICATION POINTS AWARDED AFTER A BOUT

ARTICLE 46—CLASSIFICATION POINTS

(A) *Principle*

The classification points awarded to a wrestler shall determine his final classification.

(B) *Classification points at the end of a bout*

5 points for the winner and 0 for the loser:

- victory by fall

4 points for the winner and 0 for the loser:

- technical superiority (10 points difference), with the loser scoring no technical points
- injury
- withdrawal
- default
- disqualification

4 points for the winner and 1 for the loser:

- victory by technical superiority (10 points difference), with the loser scoring technical points

3 points for the winner and 0 for the loser:

- when the bout ends in a victory on points with the obligation to score the minimum three technical points during regulation time or extra time, and the loser scores no technical points
- when the winner is declared by a decision of the officiating team and neither wrestler has scored technical points

3 points for the winner and 1 point for the loser:

- when the bout ends in a victory on points with the obligation to score the minimum three technical points during regulation time or extra time, and the loser has one or more technical points

- when the winner is declared by a decision of the officiating team without the three regulation points being scored, or if the result is still tied by the end of extra time but both wrestlers have scored technical points

ARTICLE 47—THE FALL

When the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to observe the total control of the fall, the resulting manoeuvre is considered to be a fall (Touche). For a fall at the edge of the mat to be recognised, the competitor's shoulders must be completely in contact with the passivity zone and the head must not touch the protection area.

A fall in the protection area is not valid.

If the wrestler is pinned on both shoulders as a consequence of rule infringement or an illegal hold for which he is responsible, the fall will be considered valid.

The fall observed by the referee will be valid be valid if the judge or mat chairman indicates his agreement. If the referee does not indicate the fall, and if the fall is valid, it may be announced with the consent of the judge and mat chairman.

Consequently, to be observed and recognised, the fall must be clearly maintained. The two shoulders of the wrestler in question must be simultaneously touching the mat during the short period of stoppage specified in the first paragraph, even in the case of a standing rear body lock and lift. In all cases, the referee will strike the mat only after he has obtained confirmation from the judge or, failing this, from the mat chairman. The referee will then blow his whistle.

Article 48—Technical Superiority

In addition to being stopped because of a fall, withdrawal or disqualification, a bout must be stopped before the end of regulation time if there is a difference of 10 points between the wrestlers.

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (immediate attack or counterattack).

The mat chairman signals to the referee when the difference of 10 points has been attained. The referee shall declare the winner after consulting with members of the officiating team.

ARTICLE 49—DECISION BY OFFICIALS

If, by the end of a bout's three minute extra time, no winner can be declared because:

- neither wrestler has scored three technical points
- their scores are still tied

The mat chairman shall consult with the referee and judge and, on the basis of the known criteria (technical points, caution (O), warning for passivity (P) and general impression), the officials shall determine the winner by a 2-1 vote and the winner shall be announced by the referee.

Generally, the wrestler who has scored the highest number of technical points shall be declared the winner.

PASSIVITY

ARTICLE 50—DEFINITION OF PASSIVITY

It is generally considered that in wrestling, as in all other sports, athletes are obliged to take risks throughout the bout.

Passivity also exists for wrestling in the “per terre” position. For this reason, the referee must encourage the wrestler who is on top—and therefore in a position of superiority—to be active.

If the wrestler does not respond to the referee’s demands, the criteria governing passivity must be applied in his case.

If a wrestler commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by FILA, and openly cheats, commits a serious error or engages in brutality, he will be immediately disqualified from the competition and eliminated by a unanimous decision of the officiating team. In this case, he will not be classified.

Generally, passivity is considered to be any behaviour on the part of one or both wrestlers who, contrary to the spirit and aims of total universal wrestling and either in the standing or “parterre” position:

- do not execute a proper hold
- are satisfied with physical efforts intended to neutralise the opponent
- give the impression of not trying to initiate effective holds
- continually obstruct the holds of the opponent
- voluntarily flee the mat in the standing or “per terre” position
- continually lie flat on their bellies in a closed position
- hold the opponent by one or both hands in order to prevent him from wrestling

- engage in combat with the head thrust forward, in order to prevent “body-to-body” contact in Greco-Roman wrestling
- in Free Style wrestling, grip one leg of the opponent between two legs while remaining flat on the belly without wrestling
- push the opponent of the mat
- push the opponent onto the central surface of the mat
- deliberately fall to the ground
- crawl out of bounds, in the “par terre” position, to prevent the opponent starting a hold

Pushing the opponent off the mat in order to simulate his fleeing must also be considered passivity and penalised by a warning (P).

ARTICLE 51—FIGHT AGAINST PASSIVITY

In order to combat passivity and when a wrestler deliberately acts contrary to the FILA philosophy of total universal wrestling, the referee must stimulate the passive wrestler without interrupting the bout.

Example:

RED: ACTION

RED: CONTACT

RED: OPEN

If the wrestler remains passive after this command, the referee shall announce passivity by raising the arm bearing the colour of the passive wrestler. Then, after the judge or mat chairman shows his agreement by raising the bat bearing the colour of the wrestler at fault, the referee shall stop the bout and give a warning for passivity.

The warning will be recorded on the score sheet of the judge and mat chairman by a (P), as a reminder.

The referee shall then ask the active wrestler by corresponding gestures if he wishes the wrestler at fault to take the "par terre" position to resume the bout, or if he wishes the bout to continue in the standing position.

This warning may be given an unlimited number of times to either wrestler. In all cases, when the competitors are wrestling in the "par terre" position, the referee must allow the time required to initiate and execute a hold must never interrupt a hold while it is being executed.

ARTICLE 52—ORDERING OF THE "PAR TERRE" POSITION

Wrestling in the "par terre" position is ordered when:

- the active wrestler requests his opponent to assume the "par terre" position after a warning for passivity (P) or a caution for an illegal hold (O).

In all other cases, the bout shall resume in the position the wrestlers were in when the referee stopped the bout.

In wrestling ordered in the "par terre" position, action may resume only when the referee blows his whistle and the opponents have assumed the regulation "par terre" position, which is defined as follows:

(a) Position

Initial position of wrestlers in the "par terre" position, before the referee blows his whistle. The contestant who is placed in the "par terre" position must fall on his knees, with his hands on the mat, hands and elbows apart and at least 20 cm from his knees. His arms must remain straight and his feet uncrossed.

(b) Contact

The referee shall ask that the wrestler on top place both his hands on the back of his opponent, who is underneath.

The offensive wrestler may take any attacking position, at his convenience, but must first make contact with his opponent by placing both his hands parallel and flat on his opponent's back, without making any contact with his legs against his opponent's legs or body.

After verifying that both wrestlers have assumed the correct position, the referee shall indicate resumption of the bout by blowing his whistle.

At that moment, the wrestler on top may attack his opponent. The wrestler underneath is then released from his initial position and may also attack the wrestler on top, counter his efforts and stand up again.

(c) Penalty for an incorrect start position

When wrestlers have been ordered to take the "par terre" position, they may not always assume the correct position or may waste time in order to rest (this is true for both the attacker and defender).

In this case, the officials shall use the following procedure for the wrestler who refuses to take or does not immediately assume the correct position:

For The Wrestler Underneath (Bottom):

- first time: a friendly caution (attention)
- second time: a warning (like a warning for fleeing the mat or illegal hold (O) and one technical point to the attacker. Choice of position for the wrestler for the wrestler who was on top.

For The Wrestler on Top:

- first time: a friendly caution (attention)
- second time: a warning (like a warning for fleeing the mat or illegal hold,(O) and one point to his opponent. Choice of position for the wrestler who was underneath.

ARTICLE 53—"PAR TERRE" POSITION DURING THE BOUT

If one of the wrestlers is placed in the "par terre" position during the bout, wrestling continues in continues in this position and the wrestler underneath may counter his opponent's efforts and stand up again.

A wrestler who brings his opponent to the ground must do so actively. If he is passive in this situation, the referee shall give him a warning for passivity, stop the bout and give his opponent the choice of resuming the wrestling in the standing or "par terre" position.

However, if a wrestler brings his opponent to the ground and, owing to good defensive action by the defending wrestler, is unable to initiate an action, the referee, after a reasonable period of time, shall stop the bout and have the competitors resume wrestling in a standing position.

The wrestler on top is forbidden to resume wrestling by jumping on his opponent. If he does so, the referee must reprimand the wrestler at fault and ask the wrestler in the "par terre" position to stand up again.

The wrestler on top has no right to interrupt the bout or to request that wrestling resume in the standing position.

During an action, if the wrestler underneath leaves the mat without being controlled by his opponent, wrestling must resume in the standing position.

ARTICLE 54—THE PASSIVITY ZONE

(a) The passivity zone is provided for the purpose of detecting the passive wrestler; it is also intended to help eliminate systematic wrestling on the edge of the mat and any departures from the wrestling area.

- Any hold or action begun on the central wrestling area and ending within that zone are valid including position of danger, counterattack and fall.
- Any hold or counter attack begun in the standing position on the central wrestling area of the mat (apart from the passivity zone) is good, regardless of the place where it finishes (wrestling area, passivity zone or protection area).
- However, if it ends in the protection area, the bout is stopped and the wrestlers are returned in a "par terre" position to the centre of the mat. Points will be awarded according to the value of the hold.
- A fall in the protection area is not valid. The bout must be interrupted and the wrestlers returned in a "par terre" position to the centre of the mat because the hold ended off the mat.
- In a case where the attacking wrestler executing the hold arrives in a fall position in the protection zone, the bout shall be stopped and his opponent shall receive two points. The bout shall be resumed in the centre of the mat, in a "par terre" position.

- In executing their holds and actions begun and whose development has already begun in the centre of the mat, the wrestlers can move into the passivity zone while executing holds and actions which were already initiated on the central wrestling surface and, without breaking the continuity of the movement, may develop actions and holds in all directions, under the strict condition that there be no interruption in the execution of their holds (pushing, blockage, pulling, shoving).
- An action or a hold may not be commenced in a standing position in the passivity zone, except under the strict condition that the wrestlers engaged in the hold have only two feet in the zone. In this case, the referee will tolerate the situation for a limited period of time, waiting for the hold to be developed.
- If wrestlers discontinue their action in the passivity zone and remain motionless, or if, without engaging in any action, two, three or four of their feet are in this area, the referee shall interrupt the bout and bring the wrestlers back to the central area, without any prejudice to the application of the Rules governing passivity.
- In all cases, in the standing position, if one of the attacking wrestler's feet is in the protection area, that is, outside the passivity zone, the bout shall be interrupted.
- When the defending wrestler places one of his feet in the protection area, but the attacking wrestler executes a hold using a continuous action, the hold shall be valid.
- The moment a wrestler places one of his feet in the passivity zone, the referee must call 'ZONE' in a loud voice. Upon hearing this word, the wrestlers must endeavour to return towards the centre of the mat without interrupting their action.

- In wrestling in the "par terre" position, any action, hold or counterattack executed from or the passivity zone is good, even if it ends in the protection area.
- The referee and judge will award points for all actions initiated in the "par terre" position in the passivity zone and executed in the protection area. However, the bout will be interrupted and the wrestlers returned to the centre in a "par terre" position.
- In wrestling in the "par terre" position, the attacking wrestler may terminate his action if moves out of the zone while executing the hold, provided that the shoulders and head of his opponent are within the zone. In this case, even four legs may be off the mat.

(b) Further details:

- Counterattacks in the protection area are not valid.
- The passivity zone does not alter the Rules intended to evaluate passivity.

These Rules must be applied especially in the following situations:

- when one or both wrestlers enter and remain in the passivity zone without performing any actions
- when a wrestler pushes his opponent into the said zone or prevents him from returning to the central wrestling area

ARTICLE 55—PENALTY FOR PASSIVITY

(a) Basic rule

A warning for passivity does not result in a technical point.

The referee may make an observation to the wrestler at fault without the consent of the judge or mat chairman. However, to give a warning for passivity, he must obtain the agreement of the judge or mat chairman.

In the event of a disagreement between the referee and judge, the mat chairman will make the decision by siding with one or the other.

The referee remains solely responsible for stimulating wrestling, ordering the execution of a hold, or modifying any incorrect position without interrupting the bout.

At any time, he may order the opponents to wrestle properly; if they are ineffective or passive, he may intervene by making the necessary observations without interrupting the bout.

He must differentiate between the dominated wrestler and the passive one. A wrestler with inferior technique must not be warned for passivity unless he refuses to wrestle.

(b) Search for and application of the penalty system

It is very important, especially when neither wrestler is initiating any action, to note and establish clearly who is wrestling openly and who is seeking to avoid combat. It is the task of the referee, if the officials agree (2:1), to determine whether passivity exists, to make the wrestler who is at fault aware of his error by interrupting the bout, give him a warning for passivity and give his opponent the choice of the position.

If the wrestler continues to be passive, the referee interrupts the bout again to draw his attention to his error, and then applies the procedure against passivity.

PROHIBITIONS AND ILLEGAL HOLDS

ARTICLE 56—GENERAL PROHIBITIONS

Wrestlers are forbidden to:

- pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent making him suffer to force him to withdraw
- kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth
- thrust the elbow or knee into the opponent's abdomen or belly, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet
- cling to or grasp the mat
- talk during the bout
- seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted)

ARTICLE 57—FLEEING A HOLD

(a) Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent his opponent from executing or initiating a hold. These situation arise in both the standing and "par terre" positions. They may occur in the central wrestling area or from the central wrestling area of from the central wrestling area to the passivity zone. Fleeing a hold shall be penalised in the same way as fleeing the mat, that is:

- 1 caution against the wrestler at fault (O)

- 1 point to the opponent
 - choice for the active wrestler to resume the bout in the standing or "par terre" position
- (b) Obligatory requirement for requested contact in Greco-Roman Wrestling
- In Greco-Roman wrestling, contact must be requested when the wrestlers are 0-0 after the first period. At the beginning of the second period, the referee will ask the wrestlers to put themselves in a clinch (1 arm under the opponent's shoulder, the other arm over the opponent's arm between the elbow and the shoulder, both hands joined behind the back). The wrestler who will be allowed to make contact first will be decided by the toss of a coin. If a wrestler breaks contact he will be penalised in the same way as above.
 - Simulating the hold in order to break the contact will also be penalised in the same way.
 - If a wrestler breaks contact and his opponent can carry out a hold with points, the wrestler who broke the hold will not be penalised.
 - If a wrestler refuses to make contact properly as the referee requires, he will receive a warning and his opponent will receive 2 technical points (as if it were an illegal hold impeding an action)
 - The rule of the choice of position—standing or "par terre"—after the warning remains applicable in the situations contact has been broken.

- If both wrestlers still being passive, the contact will be requested a second time.
- If both wrestlers stay in contact with no action for all of the second period, they will both be disqualified from the competition and will not be classified.
- If this situation arises in the finals for 1-2 or 3-4 place, the same rule applies and the wrestlers below them will be moved up.

For all other situations governing wrestler's passivity, the "par terre" position will be demanded as applicable in article 52 of these Rules.

ARTICLE 58—FLEEING THE MAT

When a wrestler flees the mat, from either a standing or "par terre" position, a caution shall immediately be issued against the wrestler at fault. The following points shall be awarded to the attacking wrestler:

Fleeing the mat:	1 point + one caution against the opponent (O). Choice of position for the attacking wrestler.
Fleeing the mat in a	2 points + caution against the opponent (O).
Position of danger:	Choice of position for the attacking wrestler.

All points for fleeing the mat are considered technical points.

ARTICLE 59—ILLEGAL HOLDS

The following holds and action are illegal and strictly prohibited:

- throat hold
- twisting of arms more than 90°
- arm lock applied to the forearm
- holding the head or neck with two hands, as well as all situations and positions of strangulation
- double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm an acute angle

- executing a hold by stretching the opponent's spinal column
- chancery hold with one or two hands in any direction whatsoever
- the only holds allowed are with the head and one arm
- in standing holds executed from behind when the opponent is turned upside down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header). Some part of the body other than the feet of the wrestler applying the hold must touch the mat before the upper part of the attacked wrestler's body touches it.

Additional prohibitions are as follows:

- in executing a hold, using both arms to hold the opponent's head or neck
- lifting the opponent who is in a bridge position and then throwing him onto the mat (severe impact on the ground); that is, the bridge must be forced down
- breaking the bridge by pushing in the direction of the head
- generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and the wrestler at fault, penalised (warning). If the attacker repeats his violation, he will be punished by a warning. One point will be awarded to his opponent who will have the choice of position.
- if a defending wrestler, by an illegal action, prevent his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive two points and the choice of position.

The duties of the referee toward the competitor committing the violation are as follows:

- stop the violation
- force the wrestler to release the hold if it is dangerous
- issue the caution
- give a point and the value corresponding to the hold to his opponent if he can perform the action
- give two points to his opponent if he cannot execute if he cannot execute the action

- if the attacking wrestler performs an illegal hold, the referee shall immediately intervene to have the hold stopped and to issue the caution.

The wrestler not at fault will have the choice of position.

ARTICLE 60—PROHIBITED HOLD FOR THE SCHOOL BOY AND CADET CATEGORIES

To protect the health the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:

- double Nelson from both the front and side
- in Free Style wrestling, a leg hook on the opponent's leg, in addition to the double Nelson

ARTICLE 61—SPECIAL PROHIBITIONS

- (a) In Greco-Roman wrestling, it is forbidden to grasp the opponent below the hips and to squeeze him with the legs. All pushing, pressing or 'lifting' by means of contact with the legs on any part of the body of the opponent is also strictly forbidden.
- (b) In Greco-Roman Wrestling, unlike in Free Style Wrestling, it is necessary to accompany the opponent to the ground.
- (c) In Free Style Wrestling, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

ARTICLE 62—CONSEQUENCES AFFECTING THE BOUT

- If as a result of an illegal hold, the wrestler who applied the hold (the wrestler at fault) finds himself at a disadvantage, the bout must continue without interruption. He shall be issued a caution (O) and the points corresponding to the action shall be awarded to his opponent.
- The violation committed by the defending wrestler must be stopped by the referee without breaking the hold, if this is possible. Where there is no danger, he will allow the hold to develop and wait for its result, after which he is free to act, that is, either to accept or void the hold. The referee then issues the points and caution against the wrestler at fault.
- If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction.
- The advantages resulting from an illegal hold must be cancelled, even if the wrestler at fault has already released his hold. A caution will then be announced against the wrestler at fault.
- In all cases, in the event of any wilful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team, or disqualified from the competition by a decision of the jury.

THE PROTEST

ARTICLE 63—THE PROTEST

A protest may be submitted by the delegation leader when a blatant violation of the Rules of wrestling or an irregular situation is noted.

(a) Procedure for lodging a protest:

- A protest must be submitted, at the latest, 30 minutes after the end of the bout as long as the match was officially video-recorded by the FILA
- The reason for a protest must be submitted in writing, in one of FILA's two official languages (French or English).
- A protest must be submitted to the person in charge at the competition Secretariat, who shall then forward it to the appropriate person.
- According to the Financial Regulations, the filing of a protest must be accompanied by the sum of 500 Swiss Francs, or an equivalent amount in convertible currency.

(b) Examination of a protest

- If a protest is accepted, it shall be examined by a jury of appeal, established especially for this purpose, which will make the final decision
- The bout will be examined in its entirety using the video recording. A representative of each of the wrestlers will be invited to look at the video, but will not be able to take part in the deliberations
- In the event of the Commission noticing a clear evident case for the result of the match being changed bearing in mind the whole of the match a new match will take place between the two wrestlers concerned
- Under no circumstances will a match be repeated in the result should have been a draw
- The interested parties must be informed in writing of the decision

INTERNATIONAL RULES SPECIFIC TO WOMEN'S WRESTLING

ARTICLE 64—AGE CATEGORIES AND WEIGHT CATEGORIES

The age categories for girls' wrestling will be identical to those for boys' wrestling, namely:

Schoolgirls	14-15 years (from the age of 13 with a medical certificate and parental authorisation)
Cadets	16-17 years (from the age of 15 with a medical certificate and parental authorisation)
Juniors	18-20 years (from the age of 17 with a medical certificate and parental authorisation)
Seniors	20 years and over junior wrestlers may compete in senior competitions.

The weight categories are as follows:

Schoolgirls	Cadets	Juniors	Seniors
28-30 kg	36-38 kg	40-43 kg	41-46 kg
32 kg	40 kg	46 kg	51 kg
34 kg	43 kg	50 kg	56 kg
37 kg	46 kg	54 kg	62 kg
40 kg	49 kg	58 kg	68 kg
44 kg	52 kg	63 kg	68-75 kg
48 kg	56 kg	68 kg	
52 kg	60 kg	68-75 kg	
57 kg	65 kg		
57-62 kg	65-70 kg		

ARTICLE 65—DRESS

Participants must present themselves for competition clothed as follows:

- Leotard: it is mandatory that participants have at their disposal one RED and one BLUE leotard of any design.

- Participants must wear supple wrestling shoes with soft laces—no hard ends (see men's wrestling Regulations)
- Wearing an unwired bra is recommended.
- Hair must be tied back with an elastic or ribbon, with no metal attachments.
- It is forbidden to wear earrings, barrettes, bracelets, rings, or any metal or rigid object, as well as a man's wrestling singlet with a T-shirt underneath.
- It is obligatory for women wrestlers of all age categories to wear FILA approved ear protectors.

ARTICLE 66—WEIGH-IN

Principle: Participants are weighed in the same way as the men as mentioned in article 22 of these Rules.

ARTICLE 67—LENGTH OF THE MATCH

Schoolgirls and Cadets	2 periods of 2 minutes
Juniors and Seniors	2 periods of 3 minutes

The break between the two periods is 30 seconds.

Extra time lasts for two minutes in all age categories and starts straight after the end of normal time.

ARTICLE 68—GENERAL TECHNICAL RULES

All technical Rules for men's wrestling apply in women's wrestling.

ARTICLE 69—ILLEGAL HOLDS

As well as the general illegal holds established for men's wrestling, the following holds are prohibited in women's wrestling:

- all double Nelsons in the "par terre" or standing position.

INTERPRETATION OF WRESTLING RULES

ARTICLE 70—MODIFICATIONS AND UNFORESEEN EVENTS

The FILA Executive Bureau has the sole decision-making authority concerning any modifications to the above provisions that are

deemed desirable with a view to improving the technical Rules of wrestling. These decisions shall remain in effect until the following Congress, which shall be called to examine them.

APPENDIX NO 1

BASIC VOCABULARY

Every member of the officiating team must be perfectly familiar with and apply the vocabulary set out below. This vocabulary constitutes the official means of communication between members.

(1) SALUT

The wrestlers must greet each other.

(2) START

The invitation to the wrestlers standing at opposite corners of the mat to step to the centre to be examined and shake hands. After this, they will return to their respective corners and await the referee's whistle calling on them to begin wrestling.

(3) CONTACT

The referee calls upon the wrestler to place both his hands on the back of his opponent, who is underneath on the ground. Wrestlers in the standing position must assume "body-to-body" contact.

(4) OPEN

The wrestler must alter his position and adopt more open wrestling tactics.

(5) DAWAI

The referee encourages the wrestlers to wrestle more actively.

(6) ATTENTION

The referee warns the passive wrestler before requesting a caution for refusal to assume the correct "par terre" position.

(7) ACTION

The wrestler must execute the hold that he has initiated.

(8) HEAD UP

The wrestler must raise his head. This order is

given by the referee in the case of passivity and repeated attacks by a wrestler who thrusts his head forward.

(9) JAMBE

The wrestler has committed a leg error (Greco-Roman).

(10) POSITION

Initial position of the wrestlers on the ground (or in ordered contact in Greco-Roman wrestling), before the referee blows his whistle

(11) A TERRE

The bout is resumed in the "par terre" position.

(12) PLACE

By striking the mat with his hand and at the same time pronouncing the word 'place' the referee reminds the wrestlers not to flee the mat.

(13) DANGER

The danger position.

(14) FAULT

An illegal hold or violation of the technical Rules

(15) PASSIF

Passive red, passive blue: Warning given to the wrestler who is passive. It is signalled by raising the arm that bears the colour of the wrestler at fault.

(16) REMARK

The sign from the referee indicating the passivity of a wrestler to the judge and mat chairman.

(17) STOP

This word means the stopping of the bout.

(18) ZONE

This word must be spoken in a loud voice if the wrestlers enter the passivity zone.

(19)CONTINUER

The bout must be resumed upon this order by the referee. The referee also uses this word to have the wrestling continued if the wrestlers stop due to confusion and look at him as if they are asking for an explanation.

(20)TIME OUT

When one of the wrestlers stops wrestling, intentionally or because of injury or any others referee will use this expression to ask the timekeeper to stop his stopwatch.

(21)CENTRE

The wrestlers must return to the centre of the mat and continue the bout there..

(22)UP

The bout must be resumed in the standing position.

(23)INTERVENTION

The judge, referee or mat chairman call for intervention.

(24)OUT

A hold applied outside the mat.

(25)OK

The hold is valid (legal, correct). If the judge and mat chairman are sitting in a position that does not allow them to follow closely what is taking place on the opposite side, the referee must raise his arm to indicate whether the hold at the edge of the mat was executed within boundaries of the mat or outside.

(26)NON

This word is used to indicate that an action is not valid and is consequently void.

(27)TOUCHE

The word used to indicate that the wrestler is beaten by a 'fall'. For a fall, the referee himself says 'tombe', strikes the mat with his hand, and blows his whistle to indicate the end of the bout.

(28)DECLARE BATTU

The decision made subsequent to a defeat by decision of the officiating team.

(29)DEFAITE

The opponent is beaten.

(30)DISQUALIFICATION

The disqualification is announced for unsportsman like conduct or brutality.

(31)FIN

The end of the bout.

(32)CHRONOMETRE

The timekeeper must stop or start the stopwatch on this order from the referee.

(33)GONG

The sound of the gong marks the beginning and end of a bout.

(34)JURY

The officiating body (team).

(35)ARBITRE

The official conducting the bout on the mat.

(36)JUGE

The official who assists the referee and awards the points to the wrestlers during the bout. He is also required to note all the actions executed during the bout on his score sheet.

(37)CHEF DE TAPIS

The mat chairman, who is the official responsible for a mat. He is obliged to break a tie vote between the referee and judge in case of a dispute.

(38)CONSULTATION

The mat chairman consults with the referee and judge before announcing a disqualification or decision on any matter on which there has been disagreement.

(39)AVERTISEMENT

The penalty issued by the referee to a wrestler for violation of the Rules.

(40)CLINIC

The referees' course.

(41)PROTEST

The protest filed as a result of a decision, whatever it may be.

(42)DOCTEUR

The official doctor for the bout.

(43)VICTORY

The referee declares the winner.

These Regulations have been formulated in accordance with all the circulars and information distributed by FILA.

They include all the suggestions proposed by auxiliary bodies and the Bureau and accepted by the FILA Congress.

They supersede all other previous provisions pertaining to wrestling Rules and constitute the only legally valid document.

FILA

Federation Internationale des Lutttes Associees

International Federation of Associated Wrestling Styles

APPENDIX No 2

SYSTEME DE COMPETITION				
Nbr	Poules		Matches	
			Nouv	Anc.
1 a 5	Nordique			
6	3 3	The first 2 wrestlers of each group wrestle for the final 1-2.	8	9
7	3 4	The second 2 wrestlers of each group wrestle for the final 3-4.	11	11
8	4 4		14	13
9	3 3 3 R	The 3 wrestlers placed 2nd wrestle the "repechage" in a Nordic tournament.	16	15
10	3 3 4 R	The winner will be the 4th wrestler qualified for the 1/2 finals.	19	17
11	3 4 4 R	He will be placed at the bottom of the table.	22	19
12	3 3 3 3	The first wrestlers of each group wrestle for the 1/2 final.	16	21
13	3 3 3 4	The winners of each 1/2 final wrestle for 1-2.	19	23
14	3 3 4 4	The losers wrestle for 3-4.	22	25
15	3 3 3 3 3	The matches for obtaining the ideal number will be wrestled by the winners of	20	27
16	3 3 3 3 4	each group.	23	29
17	3 3 3 4 4	Pairing will start from the top, in order to obtain the ideal number of 4 for the	26	31
18	3 3 3 3 3 3	1/2 finals.	24	33
19	3 3 3 3 3 4	From the 5th place downwards, priority for the placing will be given to the wrestler	27	35
20	3 3 3 3 4 4	or wrestlers who have been eliminated during the ideal number search process	30	37
21	3 3 3 3 3 3 3	and upon the basis of their total number of positive points. In case of a tie, the	28	39
22	3 3 3 3 3 3 4	technical points will determine the placing.	31	41
23	3 3 3 3 3 4 4	For the rest of the placing, the same procedure will be applied.	34	43
24	3 3 3 3 3 3 3 3	The first wrestlers of each group wrestle for the 1/4 finals.	32	45
25	3 3 3 3 3 3 3 4	The placing from 5th downwards will be established in the same manner as	35	47
26	3 3 3 3 3 3 4 4	mentioned above.	38	49
27	3 3 3 3 3 3 3 3 3		36	51
28	3 3 3 3 3 3 3 3 4		39	53
29	3 3 3 3 3 3 3 4 4		42	55
30	3 3 3 3 3 3 3 3 3 3		40	57
31	3 3 3 3 3 3 3 3 3 4		43	59
32	3 3 3 3 3 3 3 3 4 4		46	61
33	3 3 3 3 3 3 3 3 3 3 3		44	63
34	3 3 3 3 3 3 3 3 3 3 4	The matches for obtaining the ideal number will be wrestled by the winners of	47	65
35	3 3 3 3 3 3 3 3 4 4	each group.	50	67
36	3 3 3 3 3 3 3 3 3 3 3	Pairing will start from the top, in order to obtain the ideal number of 8 for the	48	69
37	3 3 3 3 3 3 3 3 3 3 4	1/4 finals.	51	71
38	3 3 3 3 3 3 3 3 3 4 4	From the place downwards, the placing will be established in the same	54	73
39	3 3 3 3 3 3 3 3 3 3 3 3	manner as mentioned above.	52	75
40	3 3 3 3 3 3 3 3 3 3 3 4		55	77
41	3 3 3 3 3 3 3 3 3 3 4 4		58	
42	3 3 3 3 3 3 3 3 3 3 3 3 3		56	
43	3 3 3 3 3 3 3 3 3 3 3 3 4		59	
44	3 3 3 3 3 3 3 3 3 3 3 4 4		62	
45	3 3 3 3 3 3 3 3 3 3 3 3 3 3		60	
46	3 3 3 3 3 3 3 3 3 3 3 3 3 4		63	
47	3 3 3 3 3 3 3 3 3 3 3 3 4 4		66	
48	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	The first wrestlers of each group wrestle for the 1/8 finals.	64	
49	3 3 3 3 3 3 3 3 3 3 3 3 3 3 4	Form the 5th place downwards, the placing will be established in the same	67	
50	3 3 3 3 3 3 3 3 3 3 3 3 3 4 4	manner as mentioned above.	70	

Federation Internationale des Lutttes Associees
International Federation of Associated Wrestling Styles

EXAMPLE

NORDIC TOURNAMENT SYSTEM (EACH AGAINST EACH)

1st round

1-2

3-4

-5-

2nd round

5-1

2-3

-4-

3rd round

4-1

5-2

-3-

4th round

3-1

4-5

-2-

5th round

2-4

3-5

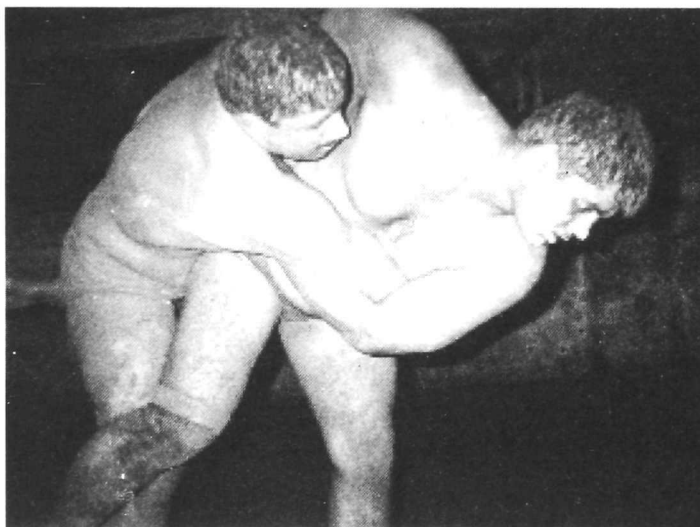
-1-

FIWA



FEDERATION OF INTERNATIONAL
WRESTLING ASSOCIATIONS
(ORIENTAL STYLE)

INTERNATIONAL RULES OF WRESTLING (ORIENTAL STYLE)



Editor:

Dr. Harphool Singh

International Wrestling Coach
Chairman Technical Committee FIWA

Published by:

Dr. S.A. Pisolkar

Secretary General FIWA &
Indian Style Wrestling Association of India (Regd.)

Published on the occasion of 50 year Independence Golden Jubilee of India, 15 August 1997

Editor:

Dr. Harphool Singh
International Wrestling Coach
Chairman Technical Committes FIWA

FIWA Office: Bhartiya Niwas H.No. 2
Old Chandrawal Road No. 45
DELHI—110054 (INDIA)
Tel: 3932765

All Rights Reserved by FIWA: Edition 1997

Publisher:

Dr. S.A. Pisolkar
Secretary General FIWA &
Indian Style Wrestling Association of India (Regd.)

FIWA Office: House No. 4-2-293
Opposite Dilsad Plaza
Sultan Bazar, Hyderabad—500195
ANDHRA PRADESH (INDIA)
Tel: 4754644

Published on the occasion of 50 years Independence Golden Jubilee of India, 15 August 1997

Price: 5 Dollars

FOREWORD

I am glad to release the booklet of revised rules of Oriental Style Wrestling compiled in this book of international rules by the author. The same are required by wrestling lovers for a long time. The oriental style wrestling is an ancient art of India as well as South East Asia and rest of the world. It is a test of wrestlers's personal physical strength, stamina, agility, endurance, state of mind and ability. Oriental style wrestling is mother of all types of wrestlings now-a-days in action. This is the only game which is having the fragrance of our soil, mother land, as soil is much more useful for health point of view.

Most of the rules of our oriental style wrestling have not been changed for years because of traditions and feelings to protect the ancient culture. But, now I feel the time has come to develop some innovative ideas in the art of this soil wrestling so that it can be adopted worldwide because many countries are feeling to adopt this game. In this direction the international coach Dr. Harphool Singh has prepared this revised rules book in English with the consultation of Dr. S.A. Pisolkar, General Secretary, Wrestling Association of India (Oriental Style) & FIWA Adhok Committee. I believe that he is a coach of international standard and the compilation of rules in this booklet is based on his minute observations, experience and philosophy. I hope that his booklet will be of a great use to all wrestlers, coaches, organisers and wrestling lovers.

(Ch. Balwant Singh)

President

Wrestling Association of India (Oriental Style)

FEDERATION OF INTERNATIONAL WRESTLING ASSOCIATIONS

(Oriental Style)
International Rules of Wrestling
(Oriental Style)

<i>Article No.</i>	<i>Contents</i>	<i>Page No.</i>
CHAPTER FIRST		
	Introduction & General Rules	
	<i>Introduction to Oriental Style Wrestling</i>	
Article: 1	Objectives	
Article: 2	Application	
Article: 3	Interpretation	
Article: 4	Method of Competition	
Article: 5	Programme of Wrestling	
CHAPTER SECOND		
	<i>Material Structure & Competition Method</i>	
Article: 6	Weight Categories	
Article: 7	Duration of the Bout	
Article: 8	Weighing in	
Article: 9	Dress	
Article: 10	The Soil Arena	
Article: 11	Medical Service	
Article: 12	Drawing of lots, pairing off	
CHAPTER THIRD		
	<i>Officials</i>	
Article: 13	Officials & their duties	
Article: 14	Penalties against the officials	
CHAPTER FOURTH		
	<i>Bout Rules of Wrestling</i>	
Article: 15	Evaluation of Action or Hold	
Article: 16	Decision & Vote	
Article: 17	Decision Table	
Article: 18	Start of the Bout	
Article: 19	Interrupting the Bout	
Article: 20	Medical Time out	
Article: 21	End of the Bout	
Article: 22	The Coach	
Article: 23	Stopping & Continuing the Bout	
Article: 24	Sitting Wrestling	

Article: 25
Article: 26
Article: 27
Article: 28

Positive Scorings
Scoring of Equal Points the Draw Bout
Disqualification
The Fall

CHAPTER FIFTH

Minute rules of wrestling

Article: 29
Article: 30
Article: 31
Article: 32
Article: 33
Article: 34
Article: 35
Article: 36

The Victory
General Prohibitions
Illegal Holds
Definition of Passivity
Sitting Position
Caution & Penalties
Passivity Area Zone
Dispute Cases & Protest

**Federation of International Wrestling Associations
(Oriental Style)**

**CHAPTER FIRST
Introduction & General rules
ORIENTAL STYLE WRESTLING**

There are many styles of wrestling are in action in the world in which oriental style the soil wrestling is the best of all who's developed shape is free style and Gerco-Roman wrestling which is adopted in Olympic games to be held after every four years. But the original shape of the wrestling is oriental style which is the addition of Free Style & Greco Roman both. It is the game of the riches and the poors both, which has been played on the soil through out the world for a long period.

It has been proved by the research that the physical and mental development is much more possible from soil wrestling than that of mat wrestling where as the practice of the mat has been proved very harmful for the hot climate countries. The soil arena does not contains only sand but many healthy materials like better oil, Mehandi, Wooden powder, Sandal, Haldi, Curd etc., are mixed in the powder type best sand and practising in this type of soft, wet, whitish sand. The body of the wrestler shines like gold which pours strength, bravery, freshness, enthusiasm, physical development, health, cleanliness, beauty and peace (meditation).

We don't oppose the mat wrestling which should be kept practising by those cold countries which is convenient to them. But the history of the mat wrestling is not more than a century where is the Cumberland style wrestling has been fought before the same in the Olympic games in which the victory was registered after throwing the opponent three times on the ground, which also has been played upon the soil. But as far as the oriental style wrestling is concerned it is a artful, natural culture & commonwealth of the world which can not be sacrificed on the modern Olympic mat wrestling. Unlimited fastness, win by points, suppression of

the draw bout, quick cautions, the increase and decrease of the weight, lessening of weight, duration, excess of wrestling, change of the rules etc. problems have made this game like Kabaddi type, from which the wrestlers body formation, muscles development, talent, seriousness peace & oriental culture means the originality has vanished. The much rules were formed from which much more problems and disturbance automatically aroused. It is impossible to say that how long this Olympic wrestling will prolong which have reached to such condition. The only solution of this Olympic wrestling is oriental style wrestling which is very much easy, useful, cheap and best in which even a patient is also to become a wrestler very soon only by digging the soil arena after massage and lying in it. We don't want to spoil this oriental style to bind it in the much more rules even the Federation of International Wrestling Associations (Oriental Style) FIWA has firmed the rules for its development which are based upon a long experience, thinking and research. Thus binding it in easy natural and essential rules a structure has been prepared and during all problems and disputes the Technical committee of FIWA will authentic to define and amend the rules. FIWA is a oriental style wrestling federation of the various Associations of the world, which are united. The aim of such federation is to develop the oriental soil wrestling among the all poor as well as rich countries of the globe and to prepare best world wrestling champions. When the world federation of sumo has formed, as sumo is a local game of Japan then this world popular oriental style wrestling's federation would have been formed earlier. Therefore every country should shine their wrestlers future by adopting the membership of FIWA as soon as possible and should develop the oriental style wrestling by forming the National Associations.

Dr. Harphool Singh
International Wrestling Coach
Chairman Technical Committee FIWA

Article 1 Objectives : To develop the oriental style wrestling of soil, to establish the technical and practical conditions of soil wrestling to define the situations and prohibitions, to determine the technical functions of the officials, to determine the speed, art, action and holds, to determine the methods of classification penalization, elimination of competitions and considering the financial, disciplinary rules as well as governing the organisations of International contest.

Article 2: Application— These rules of oriental style wrestling shall be applicable to National and International Championships under the control of FIWA.

Article 3 : Interpretation— In all disputes and rules problems, FIWA's technical committee will be the sole authority for modification as well as definitions.

Article 4 : Method of Competitions— The National and International competition method will be as follows:

A—Winner rounds— Winner rounds means. All the wrestlers shall be paired for 'A' group. The wrestlers after losing the bout will be paired in the eliminated rounds. First and second positions will be decided among the 4 finalists bouts of each other whereas the rest of 2 wrestlers will fight with the 2 finalists of 'B' group from which the third-fourth and fifth, sixth positions shall be decided by the

each other bouts. Likewise League cum knock out is the best system of pairing off the participants.

Likewise Knock out is the best system whereas league system is also can be adopted for encouragement of wrestlers which depends upon the organisers.

B—Eliminators Rounds : In league system after elimination of one bouts in 'A' group in winners round, the eliminated wrestler will enter the 'B' group the eliminators. A group will last upto one bouts elimination and the 2 eliminated wrestlers of the final of fours shall enter the 'B' groups-eliminators final and will fight with the 2 winners of finals from which third-fourth & fifth-sixth position will be decided.

Elimination : After defeated in each A & B group contestant is eliminated from the competition in League-cum-knock out system. A wrestler is eliminated after two defeats one in 'A' and one in 'B' group. After decision of first-second place in 'A' group winners group, the eliminated wrestlers of final will fight in 'B' group to decide the third, fourth & fifth sixth positions.

Article 5 : Programme of wrestling—The oriental style National & International wrestling competitions will last upto 3 or 4 days and the duration 3 or 4 days and the duration of each session should not exceed three hours.

CHAPTER SECOND

Material Structure & Competition Method

Article 6 : Weight Categories—The weight categories will be as follows:

Children Wrestlers (up to 16 years): 30, 34, 38, 42, 46, 50, 54, 58, 62, 66, 75, Kgs and above 75 Kgs.

Junior Wrestlers (16 to 20 years) 48, 52, 56, 60, 65, 70, 76, 82, 90, and above 90 Kgs.

Senior Wrestlers (above 20 years) 48, 52, 57, 62, 68, 74, 82, 90, 100, & above 100 Kgs.

Title—

Junior National Title or Junior World Title Above 82 Kgs.

Senior National Title or Senior World Title Above 100 Kgs.

In oriental style competition a wrestler will be able to participate in the same weight category as weighed in before the officials. Moreover he may be able to participate in the title bout also. The wrestler can participate in the next weight category willingly except the super heavy weight for which the exact body weight should be more than heavy weight. Application of double nelson, twisting neck and pushing the heck by knee press etc. Is strictly prohibited in children and juniors wrestling which endanger the life of the wrestlers. Knee press is allowed for a moment for application of the holds in juniors & seniors wrestling but the applier should be responsible for the opponents safety.

Article 7 : Duration of the Bout—The duration of the bout for children, Juniors and seniors wrestlers shall be as follows :

Children Wrestlers	: 4 Minutes	Continuously
Junior Wrestlers	: 6 Minutes	Continuously
Senior Wrestlers	: 8 Minutes	Continuously
Juniors Title	: 10 Minutes	Continuously
Seniors Title	: 15 Minutes	Continuously

In case a fall does not occur during the allotted time the winner will be decided by scoring of maximum points but in case of equal points the scorer of the first point will be considered as the winner.

Article 8 : Weighing-in—The final list of contestants must be submitted by the team manager to the organiser two hours before the weighing-in.

The weighing in should be started 8 hours before the wrestling competition and medical examination are always performed 1 hour before the weighing-in.

All the wrestlers of Children, Juniors & Seniors age groups should keep the identify card. Whereas competitions should have a medical form filled by the doctor as physically & mentally fit having no skin or contagious disease. Their fingernails should be cut out shortly and clean shaved or having beared of several months.

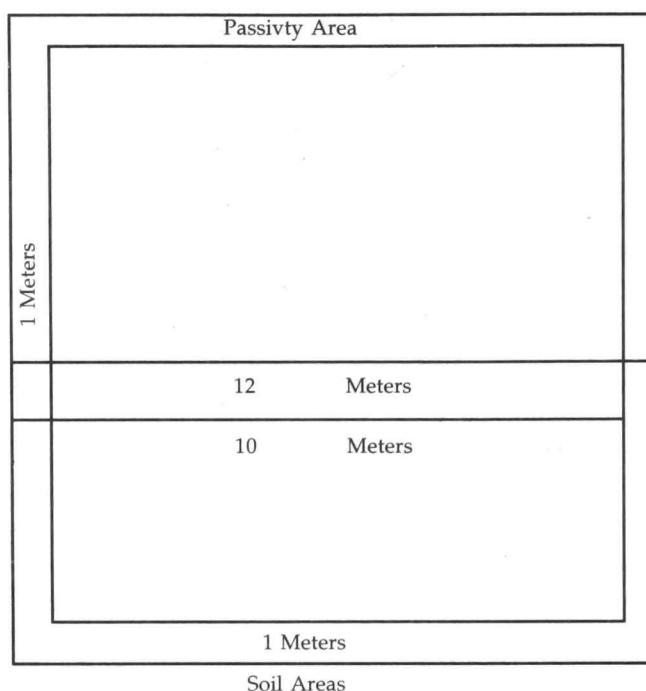
The inured contestant also will be permitted only upon the doctor's consent.

Article 9 : Dress—The wrestlers will appear in the arena bare footed wearing a indicated red or blue wrestling wear also wearing a lion cloth under it and they should keep a small handkerchief also hidden in the underwear which should be used for cleanliness when required. The countries name must be printed on the back of underwear. Light knee pads, ear guards, bandages or light wrists are permitted to wear. Wearing rings, bracelets, chains, wrists are prohibited which cause any injury whereas applying any kind of oil, grease or sticky substance is not permitted. In such cases referee will be able to remove it by towel or dropping the sand upon the body of the contestant in question.

Article 10 The Soil Arena—For all National & International oriental style wrestling competitions 12 x 12 metre raised platform will be formed who's side walls should be slope 45 degree. A white line for 10 x 10 metres will be marked for the wrestling arena whereas 1 metre shall be considered as the passivity zone.

At least two metres area around the arena should be cleaned and covered with the soft sand to avoid incidents.

Article 11 : Medical Service—In all the oriental style National & International wrestling competitions the teams should produce the competitors list and the medical certificate before the weighing-in. A team of doctors under the supervision of FIWA's medical commission will be responsible for medical examination & treatment of the contestants having skin, contagious or sexual diseases and unhealthy participants will not be permitted. During the competition if any contestant is injured or in case of omitting, pain,



Unconsciousness, bleeding he will be permitted for 2 minutes medical time out at his or officials or officials indication. Such time out is valid only for two times. The contestant is pretending for the medical time or really he is injured it will be decided by the doctor. Every minute of medical time will be announced by the announcer. If the wrestler in question does not appear upon the arena even after the expiry of medical time, his opponent will be declared as the winner. If the injured or patient wrestler is able to continue the bout or not it will be permitted by the doctor. If a contestant does not appear him self upon the arena after three calls without producing any medical certificate he will not be classified. Moreover doping is strictly prohibited in such cases after examination, doctor can disqualify such contestant from the competition.

Article 12 : Drawing of Lots & Pairing of— Participants are paired off by lots at the time of weighing-in by the organising committee. The wrestling competition will be started by knock system or league system according to the will of the organising committee. In league system the last unpaired number will receive the bye who will reach above in the next round. The pairing off schedule starts from top to bottom and every contestant will meet with his nearest protestant who has not fought with him. The one bouts eliminators of the 'A' group shall enter the 'B' group and shall fight upto the second elimination. The finalists of 'A' group will decide the first and second place whereas rest of wrestlers will enter the final of

eliminator's group and will fight with the two finalists from which third and fourth position will be decided. The two eliminated contestants fight with each other for fifth & sixth positions. In league or Knock system wrestler can not be out of competition without two eliminations.

In knock out system also the contestant will continue his bouts upto two eliminations. Two pools are formed if there are eight contestants. In case of 6 wrestlers extending two numbers of bye, for 12, extending 4 byes and in case of 22, extending up to 32 will complete the pairing off work.

Likewise making the 4 pools in each case contestants are paired off. Every pool winner contestant Will fight with his nearest pool winner reaches upto final of the 4 wrestlers. The winners will decide the first and second positions and looser will fight for third-fourth place with the 2 finalists of eliminators 'B' group in semi final to decide the third-fourth positions whereas the loosers shall fight for fifth & sixth places. In case of draw bout in the final the previous record will be taken into consideration.

Gold, silver and bronze medals shall be offered to first, second and third places whereas diploma shall be given upto sixth places. The winner teams shall be honoured by team trophies at least first, second and third teams. The places will be decided by the addition of points upto sixth positions whereas first place is awarded six points as sixth place is given one point.

CHAPTER THIRD

Officials and their Duties

Article 13 : Officials—1. Chief Judge, 1 Judge, 1 referee 1 time keeper & a announcer shall conduct the bout with complete responsibility according to National-International oriental style wrestling rules who shall wear white dress such as white pants and white shirts at pull over wearing white shoes, whereas the referee will enter the arena bare footed. All International Judges and Referees wear the FIWA crest on their chests. Neither there shall be two officials belonging to same country nor any official of the contestant's country.

All the officials are expected to perform there duties honestly according to oriental style wrestling rules. After minute observation, the chief judge records the appropriate result upon the score sheet. Referee and judge will work with co-ordination and intelligence under the supervision of chief judge who is responsible for the bout.

The officials are always expected to record the scoring on the score-sheet after a correct judgement according to wrestling rules. If bout ends without any fall the chief judge will decide the bout on the basis of score sheet where actions and points are recorded. He is able to consult the referee in case of equal points.

In case of difference of 10 points the chief judge will stop the bout and declare the winner upon superiority. The recorded points upon the score sheet should be shown to the public by any way (on the board etc.) No official is permitted to talk with any person as they are expected to decide the bout according to rules.

The Referee : The referee is responsible for the conduct of bout. He must command the respect of the two contestants and should work in a fine way controlling the bout. The bout will be started and stopped upon the blowing of referee's whistle and in case of a fall or awarding of points he will give his decision frequently with the He can check the judge's score sheet to avoid any disputed situation. He is authorised to interrupt the bout to enquire the referee and judge about any situation and is able to provide any warning or indication to the contestants. At the time of any incident or situation chief judge is the final authority to rectify his decision with the majority of vote after the consultation of judge & referee.

Moreover these 3 officials the 2 helping officials are time keeper and Announcer who's role is very important in conducting the bout in appropriate way.

The Time Keeper and the Announcer : The time keeper is also a helping official who works under the chief judge keeps all the account of time of the conducting of each bout. The bout begins & ends, with ringing of the bell by the time keeper. Thus no action or hold is considered after sound of bell in the end when a fall is occurred. At the same time, time keeper stops the watch and thus the time of ended bout is recorded in the score sheet. When the wrestlers run out of the arena or one of the wrestler cleans his nose or his any stoppage during the bout, the time keeper stops the watch and as soon as the referee again re-start the bout from the centre point of the arena, the time is started with the referee's whistle. His watch always is stopped and started with the referee's whistle. During the bout the time keeper speaks for every minute to the announcer. He also keeps the record of medical time and sound the bell 10 seconds before the total time to restart the bout, announces the current session of wrestling programme as well as next day's programme. He announces the wrestling bouts to be held serial wise so that the wrestlers become vigilant for their bouts and get ready in time. The announcer calls the wrestlers names 3 times with their colour red blue wrestling underwear. If some wrestler don't reaches on the arena he declares the other wrestler winner indicating his allotted colour and the referee raises his hand. The announcer also call the every minute of the bout with the help of the time keeper. At the time of fall he declares the winner wrestler pointing out his colour and tells the recorded time of the bout. The announcer also informs the spectators and wrestlers about medical time out and he calls every minute of medical of medical time. He also informs the withdrawal wrestler wether he has produced medical certificate or not from that wrestler is classified.

The announcer is responsible to complete award ceremony as the winner wrestlers reach upon the victory stand and recieves the gold, silver & bronze medals. The announcer is responsible for every information and announcement during the

competition or championship. Thus he controls the programme from his sweet and impressive language.

Article 14 : Penalties Against the Officials—FIWA (Federation of International wrestling Associations) shall have the right to take disciplinary measures against the officials such as to warn, to suspend, to demote, to dismiss, to withdraw and all that.

Scoring of points—

1. Point—One point is awarded to the wrestler who brings his opponent on the ground by passing behind him holding him in control in Kneeling position (one knee on contact) or to the wrestler over comes and controls his opponent from behind or to the wrestler who controls his opponent who

is lying on elbows or to the attacker whose opponent flees from the arena.

2. Points—Two points are awarded to the wrestler who places his opponent in danger position by application of a correct hold so that he is near the fall in bridge position or his opponent rolling upon the shoulders simultaneously.

3. Points—Three points are awarded to the wrestler who brings his opponent into danger position from standing position by direct projection over a short amplitude.

Moreover to the wrestler who brings his sitting opponent in danger position by lifting him up or the wrestler who holds his opponent in danger position upto 5 seconds continuously.

CHAPTER FOURTH

Bout Rules of Wrestling

Article 15 : Evaluation of Action or Hold—The value assigned to the hold while in ground wrestling the contestant is permitted to apply gutturch more than one time if any other hold is applied. In this hold bringing the opponent in the danger positions two points and nearest position one point will be awarded.

If a attacking wrestler applies a hold from bridge position and executes a hold only the attacker will be given the points according to his action. On the other hand if a offensive wrestler blocks under control points will be awarded to the later while applying a correct hold a contestant finds himself in adverse position referee will wait for compliation of the hold and points will be awarded to the opponent according to the situations.

Article 16 : Decision and Vote—The referee shall indicate the decision by raising his arm and showing the points with his fingers in an obvious manner if the referee and the judge agrees the decision is announced. The chief judge intervenes in disagreement and violation of rules. He will clearly finalize the decision by raising one colour bat or white in disagreement. Every judge have 3 bats of colours and 1 of white colour. At end of the allotted time chief judge announces his final decision consulting the both score sheets in which the contestant of more scorer of points will be declared as the winner.

Article 17 : Decision Table—The officials shall announce there decision by showing contestant's colour. The chief judge will declare his decision at the situation of a disagreement between referee and the judge or violation of rules. But in the case of a disqualification of a contestant the decision will be authentic by 3-1 majority of vote in which the vote of chief judge & chief organiser is must.

Article 18 : Start of the Bout—After calling the names of the contestants to start the bout the both contestants appear in their corners facing each other wearing the indicated colours red and blue wrestling underwears. As the competitors are called three times with a interval of 30 seconds. Referee will call them on the centre point of the arena and carefully watches their dresses, nails and looks that no oil, greasy or sticky substance is used on their bodies and in such situation he will order the

contestant to remove it by towel or sand. At the indication of the referee both the wrestlers shall return to their respective corners and they shall start the bout in the centre, point upon the blowing of referee's whistle. A contestant who does not presents himself upon the arena without information or without producing any medical certificate is disqualified and not classified.

Article 19 : Interrupting the Bout—The bout will be stopped upon the referee's whistle. The information of end of the time will be indicated by the time keeper by ringing the bell and referee will stop the bout by blowing his whistle at this action. During the time difference between ringing the bell and blowing of whistle no action or scoring of points will be taken into consideration.

Article 20 : Medical time out—If some contestant is serious by injury by bleeding from nose or falling upon the head will be awarded the maximum 2 minutes medical time for treatment & every minute of the same will be announced. If some wrestler does not appear upon the arena after expiry of this time he will be declared as defeated even then any injured wrestler is continue his fight only upon the doctors consent. During this situation the bout is stopped by the referee or the chief judge and after the solution the bout will be re-started.

Article 21 : End of the Bout—In the case of scoring 10 more points by a contestant, disqualification, injury or calling the wrestler after injury, the bout is stopped and any one contestant will be declared as the winner. At the time of decision referee will stand in the centre facing of the chief judge's table holding the both contestants hands and raises the winner's hand, wrestlers will shake hands with each other before the departure.

Article 22 : The Coach—During the bout the coach is allowed to stand in the corner at least two metres far from the corner or can sit upon the chair to watch his wrestler. He is expected not to disturb the officials work likewise he can indicate or speak his wrestler. In case of disobey, the referee can disqualify the coaches from the competition.

Article 23 : Stopping & Continuing the Bout—If during the standing wrestling the contestants leave the arena or one of the wrestler goes out of

bounds or the bout is stopped in passivity zone, or in case of application of a illegal hold the bout will be stopped and re-started from the centre in standing position.

Article 24 : Sitting Wrestling—The bout is stopped in such a case when none of the contestant is active. If in the danger position one of the wrestler is avoiding the fight and feeling the bout is stopped and re-started from the centre point in sitting position. If some one contestant holding his opponent try to pull forcibly the bout will continue. If during the sitting position the wrestler avoids the fight and like wise leaves the arena by running he will be continued and the bout will be restarted from the wrestling centre from sitting position.

Article 25 : Positive Scoring—The positive points award to a wrestler shall determine his classification to receives the position the contestant receives positive points at the end of the bout as follows:

1. In case of superiority (Difference of 10 points), disqualification, default, injury, withdrawal and victory by fall, the winner receives 2 whereas the loser receives 0 positive points. While 2-5 when loser scores points.
2. In case of winning on maximum points the winner receives 1.5 while he loser 5 positive points. Whereas 2-0 if loser have no scoring.

3. In case of 3 cautions, injury, forfeit, disqualification the winner receives 2 while the loser 0.
4. In case of disqualified contestants having the equal number of positive points the wrestler tops, who have defeated the other whereas bye receives no positive points.

Article 26 : Scoring of Equal Points the Draw Bout—At the end of the bout if both the contestants receives equal number of points the scorer of the first point will be declared as the winner.

Article 27 : Disqualification—In the league system a wrestler eliminated after 2 defeats while 1 in 'A' and 1 in 'B' group in knock system he will continue his fight upto 2 defeats such as 1 elimination in A group and 1 in B group. After the above said defeats he will be gone out of the competition. The wrestler who does not present himself upon the arena or weighing-in will not be classified. Applier of illegal hold, or the wrestler of mis-conduct is also been disqualified.

Article 28 : The Fall—In case of both the shoulder blades touches the ground for a moment which is confirmed by the referee and judge is considered as a fall. At the time of fall on part of his body other than the legs of the falled wrestler should be out of the arena. Referee declares the fall by blowing his whistle long and strikes on the ground. In the case of dispute if the winner is agreed for the re-bout it will be conducted upon the consent of the officials.

CHAPTER FIFTH

Minute rules of wrestling

Article 29 : Technical Victory—If some one contestant scores 10 more points than his opponent before the duration of the bout the bout will be stopped by the referee at the Indication of chief judge and he will be declared as the winner by technical victory in which the winner receives 2 positive points and the defeated as zero positive points, in case the loser have no scoring.

Passivity and illegal Holds : In case of passivity or illegal hold the interrupted bout will be re-started by the referee from the wrestling centre in standing or sitting position upon the opponent the referee standing side ways indicates the hands upon one another such as the down hand colour indicates the wrestler at fault to sit-down and upper hand for the upper wrestler. In sitting position referee should keep this in mind to develop the attackers hold he should not make hindrances in it while he should not hesitate to warn the wrestler at fault but the referee should not use unparliamentary language. The referee should indicate and order the wrestler at fault clearly red passive, blue passive or fight, apart etc.

The referee will ask the judge for the consent by raising the hand of the colour of the passive wrestler for caution and at the agreement of a judge he will be cautioned at the same time. It is expected that no bout should be ended without technical points for which any wrestler should be disqualified or to disqualify the both wrestlers the consent of the chief organiser is essential.

The wrestler disqualified by cautions will be classified from his positive points. The contestant applying illegal hold or twisting the body parts can be disqualified from the competition, he will be not awarded positive points. The wrestler of misconduct will be disqualified from the competition and will not classified.

If a contestant commits any offence against the spirit of wrestling and openly cheats, commits a serious error or engages in brutality he will be at once disqualified and will be not placed.

Article 30 : General Prohibitions—During the bout wrestlers are forbidden to pull the hairs, ears, genitals, pinch the skin, bite, twist fingers or to

perform actions gestures or holds with the intention of torturing or making him suffer to force him for surrender. Moreover kick, head but, straggle, push, apply holds that may endanger opponents life or cause fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and line of the mouth. Thrust the elbow or knee into the opponents abdomen or stomach, carry out any twisting clinging to the sand or talking during the bout etc. is strictly prohibited. In short any spirit against wrestling is avoided.

Actions which is likely to cause suffering or keep holding the wrestling underwear,

Article 31 : Illegal Holds—Throat hold, twisting of arms more than 90 degrees, Armlock applied to the fore arm, twisting arms in reverse ways, three quarter nelson with both hands.

‘Both legs scissor, neck locks, hitting the neck by knee press, twisting legs in side ways, to apply any illegal hold to break any body part, the aforesaid actions and holds are illegal and strictly prohibited. But to secure a fall putting the knee upon the neck is permitted. Likewise holding the wrestling wear continuously to stop the fight is also prohibited. Holding the wrestling underwear for application of hold is permitted. To bring the opponent down legs upward and head downward reverse is also prohibited. During wrestling bringing down the opponent any body part of the attacker should be touched to the ground before dropping the opponent. The application of illegal hold will be declared invalid and the wrestler in question will be penalized.

The conclusion of the Bout—If the applier of the illegal hold not receives any advantage, the fight will be continue without any stoppage. After the action he will be penalised by a caution and the opponent should be given the points according to the situation. Nevertheless the referee should not allow to use such illegal holds yet such hold is applied so let it continuing and to be declared unvaild after wards, the attacker must be given a caution. If in the beginning the vaild hold becomes illegal after this, thus upto the situation of vaild, points shall be awarded.

In the all cases, in the event of any will fully butting with the head or any brutality the defaulter will be penalised from the disqualification. If some one wrestler controls his opponent by means of a illegal hold he will be not awarded any points and bout will be stopped and re-started from the standing position. Referee should avoid the illegal hold and he should penalise the defaulter by caution or declare a disqualification.

Article 32 : Definition of Passivity—When one or both wrestlers who contrary to the sprit and aims of oriental style wrestling enuciated by FIWA either in standing or sitting position. To hold the underwears continuously with hands, lying flat upon the sand, pushing the opponent, holding one or two hands of opponent constantly, obstructing the hold, running from the arena, defending either in standing or sitting positions etc. is also considered as passivity. In such cases the wrestlers will be warned and cautioned for repeatition. After a caution the wrestler at fault should be given sitting position to start the bout.

Article 33 : Sitting Position—In the situation of passivity if any wrestler run from the arena either in sitting or standing position, the bout will be re-started from the centre point,of the arena.

- (a) The defaulter wrestler will assume the sitting position kneeling on the sand putting both hands apart with a difference of 20 centimeters.
- (b) In case of sitting position a attacker will re-start the bout by putting both hands on his back upon his own will from the sideways or from the back.

After observing the appropriate position the wrestler, the fight will be started upon the blowing of referees whistle. If the above wrestler does fault or spoil the time, changing the position the upper will be asked to sit down and sitting wrestler will be ordered to assume the upper's position. After this the upper wrestler can attack & the underneath can apply hold or surpass out any way. If the sitting bout becomes passive the wrestlers appears in front or both wrestlers goes out of bounds fighting in sitting position, then the bout is resumed and restarted on the centre of the arena in standing position.

Article 34 : caution & Penalties—In case of passivity or illegal hold the wrestler at fault will be penalised from a caution and after three cautions

or misconduct he will be disqualified from the competition. In oriental style sitting wrestling the referee will declare for a caution to the defaulter with the agreement of one judge out of two but in other situations referee himself can take the decision. Referee is completely responsible of conducting the bout and he will command the wrestlers for fight and will see who is not fighting.

A wrestler who receives three cautions on account of fleeing the arena or fleeing a hold, reversal to start or illegal hold, looses bout by disqualifications and will be placed according to rules.

Penalization for Illegal Hold : At first the officials should observe the bout minutely who is fighting and who is avoiding the wrestling. The judges should not forget record the cautions received from passivity and the elimination by the misbehaviour on the score sheet. In case of disqualification of a wrestler the consent of chief organiser and chief judge is essential for majority vote. If the active wrestler also recommends for his disqualification, as he is not willing to continue the fight after disqualification. It will be announced on the loud speaker and the active wrestler will receive classification points at the same time.

Article 35 : Passivity Area Zone—As it has been told earlier that the size of the soil powdrish arena will be 12 X 12 metres in which one metre four sides passivity zone will be marked by a white lining and rest of the place will be called wrestling area.

All the holds should be started and ended in wrestling area as a result of that the attacker will be awarded 1, 2, 3, points or the opponent can do counter attack or can secure a fall. The bout will be resumed entering the passivity zone and the points will be awarded according to the situation of the holds applied during the limits of wrestling arena whereas no action hold is vaild applied in the passivity zone. The passive wrestler will be penalised from the cautions and upon the agreement of chief organiser he can be disqualified from the competition due to three cautions or misbehaviour.

The referee should bear his responsibility to encourage the passive wrestler for fighting and should give caution at the situation of passivity. In the case of two passive wrestlers the referee should watch the bout minutely and should see who is active and who is avoiding the combat.

He should develop the bout by penalizing a caution to the defaulter and in case of no scoring he should reach up to two cautions either to one or both wrestlers and before the end of the bout period one of the contestant should be given 3 cautions and in the adverse situation afterwards the officials must be penalised. If the referee is not vigilant it is the duty of the chief judge or judge for indication and penalization of a caution.

Women's Wrestling

Article 36 Age categories & Weight Categories.

The age categories for women wrestling will be such as body categories likewise; children upto 16 years

Juniors upto 20 years

Senior above 20 years

The weight categories are as follows:—

<i>Children</i>	<i>Juniors</i>	<i>Seniors</i>
30 kg.	36 kg.	40 kg.
36 kg.	40 kg.	44 kg.
40 kg.	44 kg.	48 kg.
44 kg.	48 kg.	52 kg.
48 kg.	52 kg.	56 kg.
52 kg.	56 kg.	60 kg.
56 kg.	60 kg.	65 kg.
60 kg.	65 kg.	70 kg.
Above 60 kg.	Above 65 kg.	Above 70 kg.

Article 37: Participants will appear in the soil arena bare footed wearing simple underwear with a half sleeves singlet having a tight short inside as one having red and another blue dress. Their hairs must be tied with a ribbon. Any metallic wearings are forbidden.

Article 38: weighting in, duration, participants are weighted in aforesaid wrestling dress. The duration of the part will 2+2 minutes for juniors and 3+3 minutes for seniors having one minutes break in between.

Article 39 Rules: All technical rules for mens wrestling applies in women's wrestling. All double Nelsons or pressing the neck by any way out of limit is prohibited.

Article 40: Dispute Cases & Protest—In all disputed cases a flagrantor volution of rules of wrestling or an irregular situation is noted, than a protest should be reached to the chief organiser for consideration with a protest fee 50 dollars, at least 30 minutes after the end of the bout. As the decision of the decision of the such protest will be taken by means of observation of a video film or upon the statement of wrestling officials. FIWA Technical committee or executive committee is sole authority to define or amend any rule of wrestling.

Modification and Contingencies: FIWA Technical committee is the sole decision making authority concerning any modification of technical rules of wrestling after consultation and recommendation of FIWA executive committee. These decision shall remain in effect until the next congress, which shall be called to decide on them.

"MEMORANDUM OF THE SOCIETY"

1. **Name of the society:-** The name of the Society shall be FIWA 'Federation of International Wrestling Associations (oriental Style).
2. **Registered Office:-** The Registered office of the Society shall remain in the N.C.T. of Delhi, and present it is at the following addresses:- Bhartiya Niwas, H. N. 2, Chandrawal Road, No. 45, Civil Lines, Delhi-110054.
3. **Aims and Objects of the Society:-** The aims and objects for which the society established, shall be as under:-
 1. To establish FIWA upon the world level.
 2. To organise the world championships and international competitions of oriental style time to time.
 3. The continues efforts to carry the oriental style upto the Olympic.
 4. To make all the globe countries the member of FIWA and encourage the Soil Wrestling by establishing the Associations in each country.
 5. Possible help of the international wrestlers during he difficulties & problems.
 6. To establish the health centres, arenas and libraries among the various countries for the welfare for the welfare of world wrestlers.
 7. Establishment of Tourists Hostels for the world wrestlers.
 8. To collect the money through fee, donations, grant-in-aid and by other means for FIWA.
9. Moreover the Society will organise the Cultural and social programmes of the various countries of the for the citizens and wrestlers.
10. Moreover this the Society is bound is bound to do all those works which are essential for to fulfil the aims and objects of society as well as for the welfare of the Public. The income and received money of the Society will be spent for the progress and development of the Society's aims & objects.
'All the income, earnings, moveable or immovable properties of the society shall be solely utilise and applied towards the memorandum of the Society and no profit on there of shall be paid or transferred directly by way of dividends, bonus, profits on or in any manner whatsoever to the present or past members of the Society or to any person claiming through anyone or more the present or past members. No members of the society shall have any personal claim on any moveable properties of the Society or make any profit, whatsoever, by virtue of his membership.'
4. **Governing Body:-** The names, Addresses, Occupations and the designations of the present members of the Governing body, to whom the management of then society is entrusted as required under section 2 of the societies Regn. Act of 1860, as applicable to the N.C.T. of Delhi are as follows:-

Sl. No.	Name & Address	Occupation	Designation
1.			President
2.			Exe. President
3.			Vice-President
4.			Gen. Secretary
5.			Adver. Secretary
6.			Treasure
7.			Exe. Members
8.			Do
9.			Do
10.			Do
11.			Do

5. Desirous Persons:

We, the undersigned are desirous of forming a society

Under the Societies Registration Act of 1860, as applicable to the N.C.T. of Delhi in pursuance of this Memorandum of society

Sl. No.	Name & Address	Occupation	Signature
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			

"RULE AND REGULATIONS OF THE SOCIETY"

1. **Name of the Society:-** The name of the Society shall be 'FIWA' Federation of International Wrestling Associations (Oriental Style).
2. **Membership:-** All those persons who have been the wrestlers and are devoted with the societies Rules and Regulation and determinate to fulfil the aims and objects of the Society.
3. **Terms and Conditions of The Membership**
 1. All those members who have completed 30 years age belonging to any country or any caste or religion.
 2. Who has not been rejected by any society or Association.
 3. He have not been convicted by the court in any criminal offence.
 4. All these persons who are willing to develop the oriental style wrestling in the world.
 5. All those persons who are not mad,
4. **Subscriptions:-** All the members are directed to deposit Rs. 440/- (10 US \$) monthly and Rs. 5280/- (120 Dollars) yearly member fee compulsorily.
5. **Explosion:-** The donation or subscription has not been paid in prescribed time by the society and the membership is abolished. In such situation/subscriptions re-charge of the Association is compulsory.
6. **Cessation of Membership:-** After on the resignation of the general body.
 - (i) After death, madness,
 - (ii) One who does not pay the Subscription of the Society.
 - (iii) Has been convicted by any court.
 - (iv) Doing any work which is against the aims and objects of the Society. Rules & Regulations which creates any religion or social dispute among the Society.
 - (v) Will be debarred by 2/3 votes of the governing body in connection with any fault and after the recognition of general body but it is essential to mentions his fault.

Appeal and Re-Admission of membership:-

All the appeals shall be preferred to the general body of the society, the decision of the general body shall be final. The reason for rejection shall be communicated to the member concerned including the office bearers. The meetings of the governing body shall be half after every two months with 2/3 quorum. 3/5 quorum required in the adjourned meeting. An emergent meeting of the governing body may also be summoned on the written request of 3/5 governing body members of ten days notice of the meetings.

1. The rights and duties of the members

- (i) To complete all essential affairs.
- (ii) Acceptance for the society & the Governing body
- (iii) To put suggestions for the working field aims and objects of the society and sub-societies and to take part in the general body meetings.
- (iv) To cast own vote on the occasion of disagreement among the members of the society and on rules and by rules.
- (v) To fight election for any designation of the society and to use the right of vote.

2. General Body Definition

1. All those persons who are the member of the society and for the fulfilment of the aims and objects for the society. Keeping faith in all the laws and by-laws, should be devoted to the said body.

Functions Duties and Rights

- (i) To fulfil the aims objects of the society to do all the essential affairs.
- (ii) To express the agreement of rules for the governing body.
- (iii) In future at any time during the necessity to prepare the sub committees concerning any subject other then the governing body and to appoint the officials upon them from the said sub-committees upto the election.
- (iv) To remove the disagreement relating the law and rules of the society giving own decision anonymously.

(v) During the disagreement among the office-bearers and members solves problem and if it is not possible to be solved and in case of disability the governing body is dissolved due to any reason then to elect the new office bearers from the society up to the Next election.

vi) To hear the appeal and give own decision or reject the appeal if there is any case against the governing body.

vii) To organise a election of the governing members and if the sub committee formed to hold the election of the office bearers with it.

viii) The meeting of the general body will be held at least once in a year for which sending the pre-information before seven days in essential.

2. Quorum Notice and Calling The Current Meeting of The Members.

- (i) In case of calling the general body meeting it is essential to inform all the members seven days before.
- (ii) General body of the society will bound to accept 3/5 quorum of the total number of members.
- (iii) Owing to incomplete quorum the meting of the society shall be suspended and the another meting can be called just after 24 hours for which compilation of quorum is not necessary. If the meeting of the society has been called in case of rule third and is being suspended due to incomplete quorum and like wise the third meeting have been suspended due to same situation the meeting called forth time will need not the quorum and the decisions carried out in the meeting shall be acceptable for all the members or the office bearers of the Governing body which will be given practical shape.

3. Governing Body Definition

There shall be a governing body or executive body of the society to look after and manage the day to day work of society. It shall consist of minimum 2 and maximum 7 members.

Structure:- There shall be a President, Vice President, General Secretary, Treasurer, Advertisement Secretary and executive members in the governing body.

3. Number of The Office Bearers

President	1
Vice President	1
General Secretary	1
Treasurer	1
Advertisement Secretary	1
Executive members	2
Total Numbers	7

4. Procedures of its Election

The election of the governing or executive body shall be held once after 5 years.

A copy of the names, home address and designation of the elected members shall be sent to the Registration office Delhi according to under section 4 of Societies Registration Act of 1860.

A 3 persons sub—committee will be formed for the election affairs one month before the election which will consist a organiser other than the those two members. The election sub-committee members shall be appointed by the governing body as the office only are authorised to become its members.

The election of the governing or executive body shall be held after every 5 years by means of secret ballet system or by raising hands

The elections committee will be dissolved just after taking over the charge of the society by the President.

The duration period of the executive body shall be 5 years but the duration can be extended upto 3 months calling the meeting of general body.

6. Functions, Duties & Rights

The governing or executive body will give practical shape to the regulations passed by the governing body and will bound to fulfil the aims and objects by every possible effort for compilation of society's work. The governing body will prepare the rub-rues also.

7. Office-Bearers, Their Duties & Rights

President

- (A) He shall preside over the meetings of the general body as well as the governing body and will guide them accordingly.
- (B) Remove the disagreement among the office bearers of the general body or among the

members of governing body or to solve their problems to call the meeting of the general body.

- (C) To produce three documents concerning the General body as well as the governing body before the workers.
- (D) To look after the general actions of the general body and governing body.
- (E) To permit the programme for the meetings of General Body and governing body. He is authorised to spend up to Rs. 5000/- for cause of the society as this expenditure will be sanctioned in the next meeting of governing body. He shall cast his vote in equalith position.

Vice President

In the absence of the President the Vice President will assume the duties rights of the President. He always co-operates the President when the president requires the help.

General Secretary

- (a) To call the general meetings of the general body & governing body and decides date, time & place etc. and prepares the programme of meeting, recording the work & decisions carried out in the meeting.
- (b) To look after all the activities of the governing body under rules. To keep record of general body as well as the governing body, preparing the yearly report which he have to produce before the governing body for recommendation.
- (c) The General secretary will be the member of all concerned committees.
- (d) To achieve aims and objects of the society to prepare co-ordinative organisation of society for all essential affairs.

Treasure

- (a) To keep there record of the account of income & expenditure of the society and to manage the amount.
- (b) To collect money by means of subscriptions, gift, grant aid in members and General Public. He will ensure the receipt of deposited amount and disperse the money by the permission of the governing body. President and general secretary will collect the receipts of the expenditure.

- (c) To deposit the amount more than Rs. 5 thousand in the bank indicated by the governing body and withdraws the amount from the permission of the President or General Secretary along with own signature.
- (d) To keep a account clearance in the record by keeping vouchers audited by a qualified auditor, all that producing the yearly expenditure before the governing body. He distributes the copy yearly account concerning income and expenditure.
- (e) In the beginning of the year to prepare the budget and to hand over it to the general secretary after the acceptance by the President.

- (4) In the beginning of the year to prepare the budget with the consultation of the President and handing it over to the general secretary.

Advertisement Secretary

To advertise the all work done by the society or have to do it in future among the Public or members.

(8) Notice for The General Body and Quorum

The general body meeting can be called on the following reasons:

- (a) Upon the regulation of the governing body.
- (b) The general body meeting called by 05 members, upon the invitation letters should be signed by the members not less than the after said quantity showing the complete home addresses.
- (c) According to after said procedure the general secretary applies to call the meeting and even then the meeting is not hold in this situation the said 05 members are fully authorised to hold the meeting.
- (d) According to necessity the President as well as the secretary are assured to call the meeting of the society.
- (e) It is essential to form temporary election committee and to fulfil the election procedure of seven governing members.
- (f) To deposit the amount in the decided bank on society's name if it is more than Rs. 5000/-.
- (g) The society programme will be conformed by the governing body and the General

Body shall be informed at the occasion of agenda.

- (h) If some one is willing to hold the meeting upon any other subject matter he should produce the requisite agenda in written to the general secretary governing body 3 days before the meeting of the society. In this condition regulation can be made in the programme.
- (i) The pre-approved agendas shall be taken into consideration in the society meeting for which the meeting has been called and after wards any regulation can be taken into consideration after the permission of the society.
- (j) The governing body shall be authorised to put any agenda in the meeting other than the existing one.

A Resignation

If same member of the society resigns from the membership of society sub committee or from the governing body, his resignation will be produced before the governing body, which is fully authorised to take the final decision.

B Quorum

In the meeting of the society 3/8 or 5 members and in the meeting of governing body 3/5 or 05 members quorum is essential. Like wise without quorum the meeting shall be suspended which can be called after 24 hours and facing the same situation if the meeting is called again and again then in the forth meeting quorum is not required. The decision carried out in the meeting will be final and acceptable.

Sparection:

- (a) If a resignation of some member is accepted.
- (b) Being absent thrice from the meetings without any reason and information.
- (c) Due to some illegal action or which is against the welfare of members or society when the governing body have decided the person at fault by 2/3 majority of vote.

To Filling up Casual Vacancies:

The casual vacancies may be filled by the regulation passed by the majority of vote by both governing as well as the general body.

Sub Committees

Sub committees can be formed by the General Body meetings for any special purpose in future.

Resources of Income

Subscription, donation, grant-in-aid gift, competition ticket collection etc. from the members and the public shall be the sources, of Income of the society. All the income of the society should be utilise of towards the aims and objects of the society and Nationalised bank in the aforesaid society's account.

Financial year

The financial year of the society shall be from the 1st April to 31st March every year.

Governing members:

They will assist in the day work of the society as directed by the President and General Secretary.

Register of Members

The society may sue or sued in the name of the society of President or General Secretary as per provisions laid down under section of societies Registration Act of 1860 as applicable.

Bank operation

Bank account of the society shall be operated by the treasurer any one by the President or General Secretary. The account shall be audited by the qualified auditor every year.

Annual list of Manage Governing Body:

Members of the governing body of the society shall be filled with the Registrar of Society, Delhi as required under section 4 of the society's Registration Act of 1960. The yearly list of the Governing Body shall be sent to the Registrar after every 5 years duration.

Legal Case

Registration Act of 1860 Delhi under section 6 the legal case will be registered by the name of the President or General Secretary.

Amendment

Any amendment or change in this memorandum of rules of Registration will be carried out in accordance with the procedure laid down under section 12 and 12A of the societies Registration act of 1860.

Adjustment and dissolution affairs:

If the society needs to be dissolved it shall be dissolved as per provisions laid down under section 13 and 14 of the society's Registration Act of 1860 as applicable to the NCT of Delhi.

The N.C.T. of Delhi the Registration Society's Act of 1860 under section 21 Punjab Amendment Act of 1857 all provisions shall be applicable to the society made of Election.

The governing body of the society shall be elected for a terms of 5 years in the General Body meeting by the Secret ballot system or raising hands shall be made of election.

Application of Act

All the provision under all the sections of the Societies Registration Act of 1860 as applicable to the N.C.T. of Delhi.

Essential Certificate

Certified that this is the correct copy of the rules and registrations of the society.

President

General Secretary

Treasurer



Fig.: 590 Organisation of a Wrestling Competition (Oriental Style) Opening Ceremony Organisation Dr. Harphool Singh
Chief Guest Ram Naresh Yadav



Fig.: 591 Dr. Harphool Singh International Coach with his Wrestling (Oriental Wrestling)



Fig.: 592 The Author Dr. Harphool Singh International Coach
Offering his Wrestling Books to Honourable FILA Persistent
during Atlanta Olympic



Fig.: 593 Swami Omanand a famous Patron of Wrestling during worship

Wrestling Technique Drills

Nobody is able to apply the Wrestling techniques without passing through the some kind of drills or conditioning exercises, which are parallel to the techniques. After learning drill of the same kind one is able to apply the hold easily. European Wrestling identified seven basic skills, if feels wrestlers to become successful; Position, Motion, level change penetration, back step, lifting and back are. Wrestling drill is part and parcel of wrestling game. For example at first without standing bridge practice, back Salto is not able to be applied which needs to make are of the body, such as; without low bridge one is not able to apply sit out hold. Thus the practice of drill is essential for application of holds.

1. **Single man stance:** One can practice without the opponent or sporter for standing or sitting stance.
2. **Stance drill:** Stance is that standing position in wrestling from which a wrestler can easily defend attack for which a beginner needs a lot of practice inside or outside arena for its drill. There are many stances: long stance, Square Stance, Fix Stance, Left or right stance, kneeling stance etc. or assuming a convenient legs difference bending from the knees & waist stretching the hands forward.
3. **Sitting or kneeling stance drill:** Many times sitting into fighting position face to face occurs when one have to fix himself in sitting stance and that can be a kneeling position waist bowed and hands in the front. One can assume the position of Hanuman stance also as one leg kneeling while the another standing forward.
4. **Sitting Hanuman stance drill:** Sitting Hanuman stance drill is required for the aforesaid hold in which one leg is kneeling & the other leg is in standing position whereas hands spreaded forward & eyes infront. From this one can apply many sitting holds while standing Fireman's curry throw, standing stance is needed. Moreover for flat leg fireman's curry throw the practice of sitting upon one leg and flattening another leg forward is required.
5. **Rolling drill:** Rolling forward upon the head & shoulders.
6. **Moving hands up and down drill:** During the morning walk let the hands swing upward and downward automatically in the fast swing or one can swing the hands up & down automatically from the standing position. A wrestler can get the confidence of applying sitting or standing fireman's curry throw side-Salto and many other holds from this drill.
7. **Twisting buttocks drill:** Twisting the buttocks towards left & right and bending knees and moving both hands automatically is the best drill for application of buttocks holds like flying mare and inner or outer leg bars. Do this drill up to double counting.
8. **Moving sit ups drill:** Placing the complete feet on the ground, buttocks resting upon the calves jump forward in sitting position moving the bent hands automatically with full force. Cover the distance as much as you can cover easily and after resting a while again do this sit ups drill.
9. **Frog style fleeing drill:** During the underneath position fleeing from the mat for defence in kneeling position by jerking forward.
10. **Half sit ups drill:** Taking a stand up position sit into half way which is half sitting position as from this position many holds are applied.
11. **Dog walk drill:** Walking on fours like a dog which position always accrues during wrestling. When a wrestler flees from the mat or ground.
12. **Peacock walking drill:** Lifting both legs from back side let the wrestler walk on hands. It is good exercise of hands whereas valuable drill for wrestling holds as one have to pass from this position during the fight.
13. **Low bridge drill:** From standing position placing the hands upon the ground or mat making a body are you can walk upon the fours like a dog. You can name this drill as a dog walk. When the opponent is holding the waist from behind pull his ankle upward by holding by your both hands in between his legs & pin him backward likewise.
14. **Body lift drill:** From face to face position hooking the opponents hands in own hands into finger locks, taking a opposite turn against each shifting him upon the back, throw him rolling in front in standing position and do the same drill from which one gets the waist agile while one is able to apply many kinds of throws like flying mares, cross buttocks, leg tackle etc.
15. **Body lift drill:** From face to face position

taking a back turn stand against each other and hooking the another wrestler's arms shift him upon your back by bending forward and throw the sporter likewise in front in the cirde in standing position as the aforesaid body drill and do it again & again.

16. **Body lift drill:** While from behind holding the opponent in a waist lock lift him up in a normal are and swinging him one side snap down him to the another side.
17. **Body lift drill:** Overseizing his hands in a waist lock from behind you can lift him up and snap down him like wise. Moreover overseizing or grasping his one hand in waist lock, you can lift him up and snap him down. While in standing position holding him from behind applying hands scissor upon his neck you can lift him likewise.
18. **Body lift drill:** From the standing position make a body's ground are placing the hands in reverse position on the ground or mat without any sport.
19. **Body lift drill:** While from behind holding the opponent in a waist lock lift him up in a normal are and swimming him one side snap down him to the another side.
20. **Body lift drill:** While standing face to face with the another wrestler or coach. For sport of the same hooking his both hands in both hands in his fingers making simple lock go behind you making the body are placing the forehead upon the ground with the hands sport and by means of pulling of the sporter lift your body upward in the initial standing position. From this standing bridge practice one is able to apply front or back Salto to snap down the opponent. Likewise stand up and go downward with help of sporter hooking his hands, again & again.
21. **Two men sit ups drill:** When the sporter is sitting in kneeling position applying leg scissor upon his waist from face to face come of in the sit ups again and again by bending the body downward and lifting upward position with both hands lock upon own neck.
22. **Two men sit ups drill:** Standing face to face with the sporter holding legs scissors in his waist you can carry one the aforesaid sit ups likewise which is also the bridge practice as this waist drill is essential for many holds like back or front Salto etc.
23. **Duck under drill:** Likewise standing face to face holding his one arm and another side leg you can lift him up in duck under & pin him sideways in an are. Revise the drills again & again.
24. **Front lift:** While from face to face lift the opponent and throw him by swinging when he tackles the legs.
25. **Sarotha grip drill-standing position:** Likewise holding the neck & one leg of the opponent in standing position roll him upon the head. Do this drill again & again.
26. **Arm whizzer hold drill:** Hold the forward striking ball in the right stance bowing down by fast movement. Catch the ball likewise running fast again & again. Thus you will be able to tackle the legs of the opponent with speed.
27. **Drill for over hook hold:** From face to face position overhook the arms of the opponent with hands and taking turn shifting him upon the buttocks lift him upward in the air and then place him on initial position again & again.
28. **Leg pick Drill:** During face to face position pick the left leg of the opponent by pummelling and keep him walking backward lifting the leg up at a right angle.
29. **Flying mare drill:** Shifting the opponent upon the buttocks holding the right hand from left hand and another hand grapine with his arm and shifting him upon the buttocks crosswise. Lift him again & again with a sharp jerk turning the face towards left side. From the drill you may be able to apply the flying mare easily during the wrestling practice or bout.
30. **Drill for inner and outer leg bar:** While in face to face position overhooking the opponents arms and taking a against turn and shifting him up upon the back apply inner or outer leg trip only lifting him in the air without snapping down.
31. **Standing switch drill:** In face to face right stance position holding his upper arm, and likewise stepping forward make a body are facing the sky. Do it again & again.
32. **Standing grip:** Holding one hand and pulling neck by the other hand is basic pummelling in the wrestling from which one is able to off the balance of the opponent.
33. **Upper hold-neck lock:** While from behind holding the upper portion of the opponent and locking the neck is also a old hold which is the practice of four Nelson.

34. **Fitle drill:** Holding the flatten opponents both ankles in both hands grip crosswise and then twisting him sideways for danger position.
35. **Jerk under arm sweep drill:** While in standing face to face position holding his one hand and neck during lifting his hand and surpassing head from his armpit for going behind if he locks your neck. Then stepping ahead release the lock with a sharp jerk facing the sky & do this jerk drill again and again.
36. **Rotation duck step drill:** While from face to face position step sideways surpass under his armpit passing behind the opponent.
37. **Frog style upper position:** Sitting upon the opponents back like a frog in standing position.
38. **Pummeling standing drill:** While standing face to face position push & pull the opponent to compail him to make some position for applying hold.
39. **Reverse lift:** While standing behind the opponent lift him in a reverse grip as head down and legs upward and one can pin him by swinging down.
40. **Blocking the first:** When the opponent size your waist & try to lock the hands if you block his grip by putting your palm upon his only one fist he can not lock his hands. Make the blocking position of hands to avoid the waist lock.
41. **Pummeling in sitting position:** While in face to face sitting position pushing & pulling make according position for application of holds.
42. **Referees position:** The referee orders the wrestler at fault to take sitting position when the opponent assume the attackers position. Do this drill again & again.
43. **Dragging drill:** Dragging the wrestler when he had fleeing from the mat or ground, by holding one or both legs from ankles.
44. **Cross hands lift:** Holding the opponent from behind in waist lock log with his both hands.
45. **Sitting & flattening drill:** Assuming a close sitting position & flattening position from defence point of view.
46. **Pulling drive:** Holding the waist of the opponent from behind pulling him by jerk himself in kneeling backward.
47. **Legs scissor drill:** While bending down on fours turning the body facing upward sit upon the buttocks assuming the legs crosswise like scissor.
48. **Horse riding drill:** While locking the opponent's waist from behind ride him hooking both legs & tilting weight upon his back.
49. **Hand bar:** Applying hand bar in face to face up down position & surpassing backward.
50. **Side roll drill:** Left leg hooking by the opponent who is sitting upon crosswise, Holding and locking his left leg in right. Roll upon the head on 45 degree right side pinning him in up down position. Drill can be practiced again & again.
51. **Circle-Roll drill:** Whole drill in one legged ride taking circle upon circle by surpassing the knee and going one upon the another simultaneously.
52. **Rolling drill:** Rolling forward by the help of head and hands is very much useful in wrestling one have to roll sideways or forward to release the upper wrestlers hold.
53. **Body over drill:** To turn out from the underneath position are must be practiced for body over as basing the head and are hand throwing the body upward in reverse way.
54. **Leg grapine drill:** Graphining the leg in his leg and locking head while holding another side hand walking forward jumping walking upon hands.
55. **Step over drill:** Step over is the best counter to turn out from the opponent's control. Assuming sideways position at once step over the waist of the opponent surpass the toe in his right thigh and then reach upon his waist like a rider. Riding the opponent is the useful drill for this hold.
56. **Peeling hands drill:** While standing in right stance close your both hands in belly & if the opponent hold your waist you can peel his hands by spreading the hands.
57. **Sitting slip drill:** In the aforesaid standing up-down position holding his hand wrists from both hands in a reverse method lifting your head up which is under his chest & again.
58. **Colundun rolling drill:** While in standing face to face position, assuming up & down position grapine upper wrestler's hands with your both hands & making a very tight grip try to surpass the head sideways & and keep rolling up down again and again. Do this activity again & again.
59. **Drill for standing swing:** While in standing right stance bending right hand at a rightangle

holding own left hand kneeling your right leg down take a left turn place the elbow stand and reach to sitting as on buttocks, from which you may be able to apply standing switch easily.

60. **Body hold drill:** Hold a tree with both hands tightly like a body hold and apply right leg trip backward upon the tree and do this action again & again for body hold.
61. **Drill for half Nelson:** While standing behind the opponent holding waist from one hand surpass the another hand upon the neck from the armpit.
62. **Drill for Four Nelson:** In aforesaid sitting behind the opponent surpassing both hands from the armpits upon the neck.
63. **Drill for sitting switch:** Walking in kneeling positions is required for sitting position. Sitting sideways on a rightangle is the best drill for switch.
64. **Drill for sit out:** Try to make a low bridge as well as walking on fours in reverse position is the best drill for sit out whereas sitting upon the buttocks and stretching the legs forward in the starting drill for the same.

WRESTLING DRILLS



Fig.: 594 *Standing Switch drill*



Fig.: 595 *Pulling & pushing drill*



Fig.: 596 *Leg pick & porch tap*

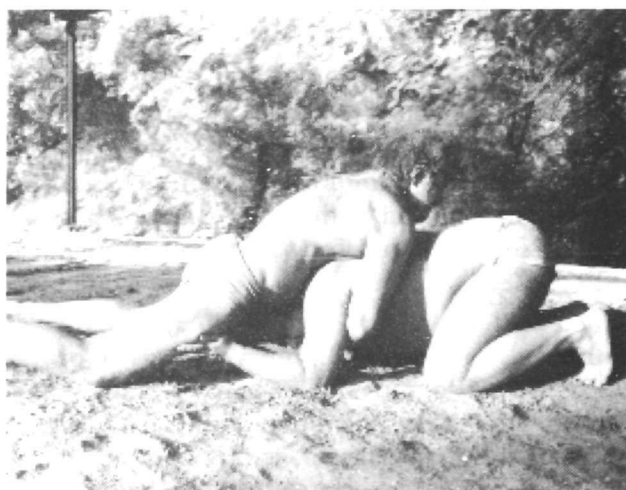


Fig.: 597 *Grind mill drill*



Fig.: 598 *Wall are drill*



Fig.: 599 *Lift Twist drill*



Fig.: 600 Square stance drill

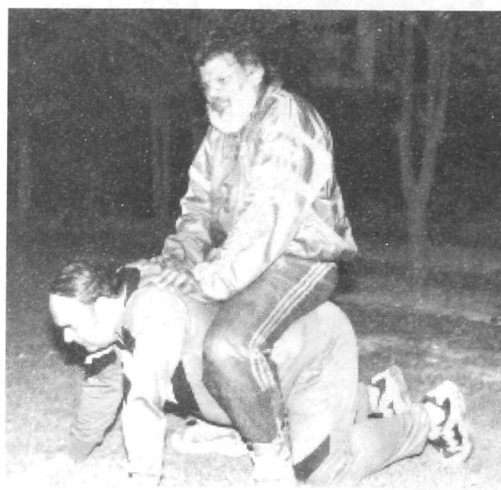


Fig.: 601 Riding drill

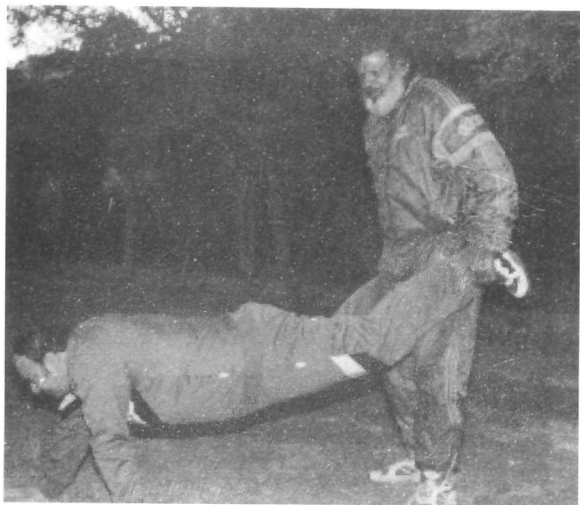


Fig.: 602 Pea coach walk drill



Fig.: 603 To men sit ups drill

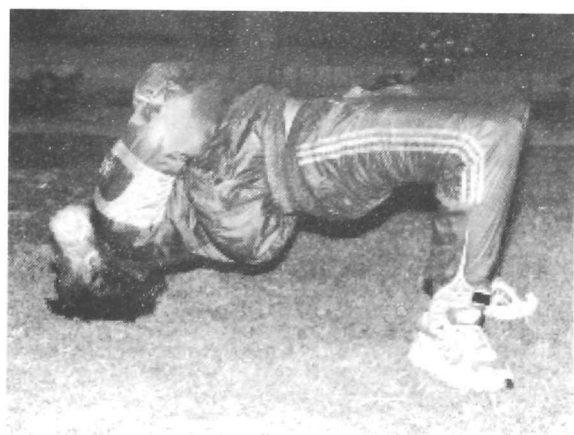


Fig.: 604 Bridge drill



Fig.: 605 Arc drill



Fig.: 306 Step over drill

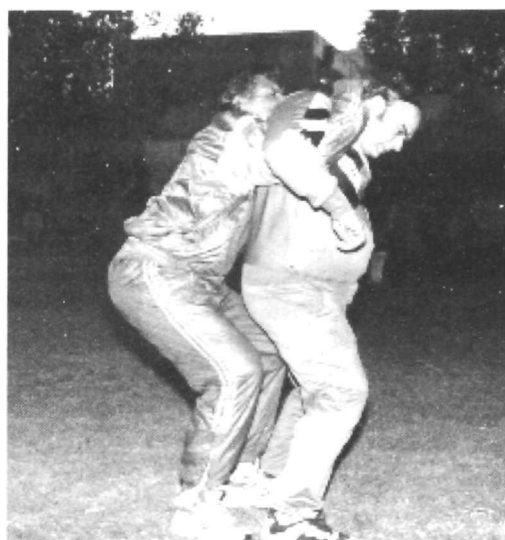


Fig.: 607 Lifting drill



Fig.: 608 Turn out drill

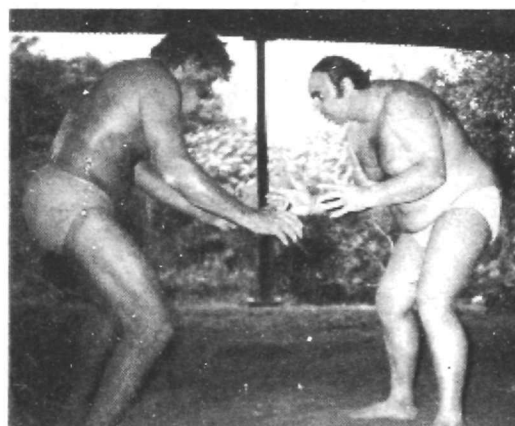


Fig.: 609 Standing Stance drill



Fig.: 610 One legged drill



Fig.: 611 Wrestler lift drill

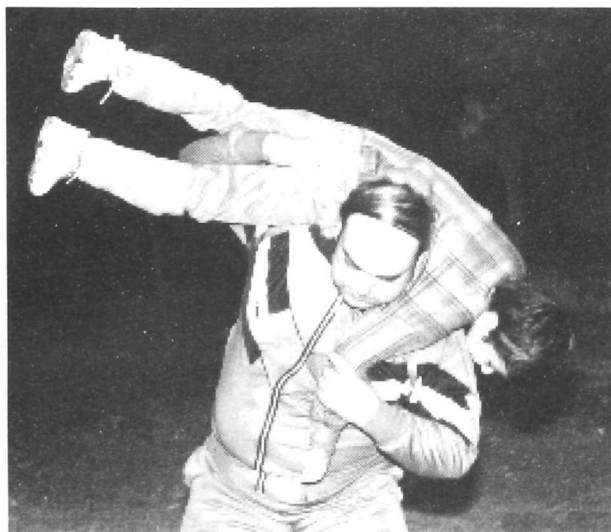


Fig.: 612 Firdmans curry drill



Fig.: 613 Peacock Walk drill



Fig.: 614 Two men sit ups drill

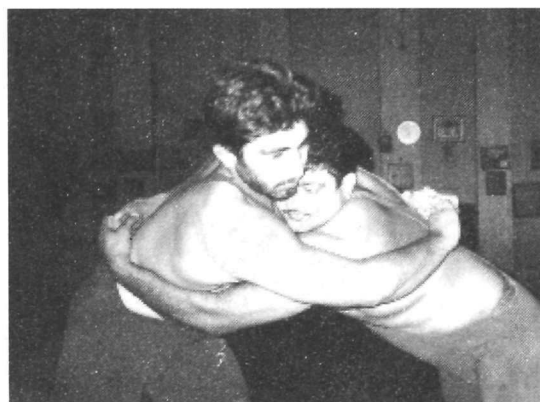


Fig.: 615 Greco-Roman clinch drill



Fig.: 616 Sitting stance drill



Fig.: 617 High lift drill



Fig.: 618 *Reverse lift drill*

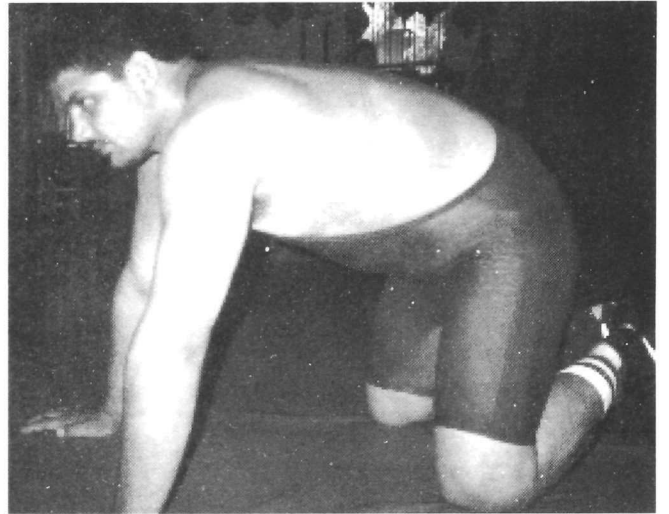


Fig.: 619 *Sitting position drill*



Fig.: 620 *Over drop Nelson drill*

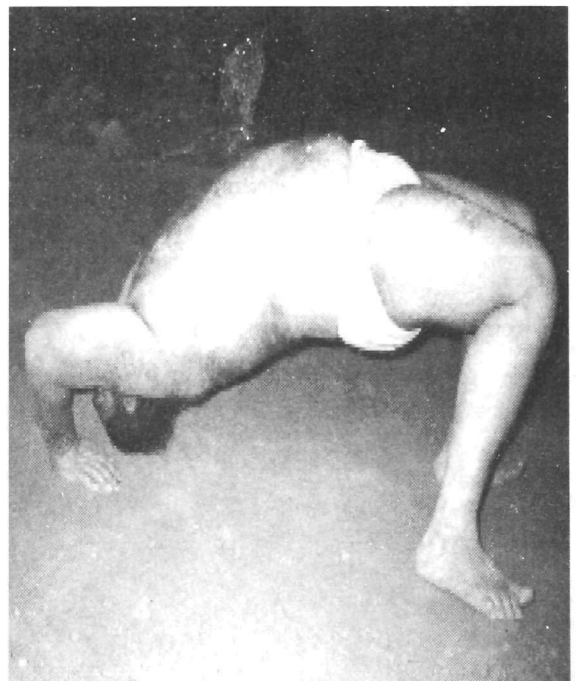


Fig.: 621 *Bridge drill*

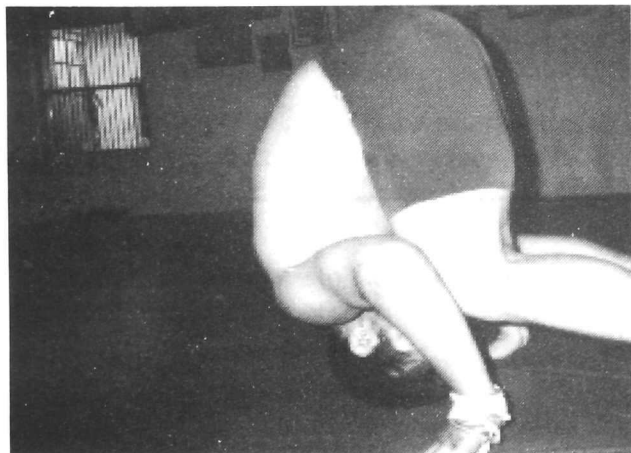


Fig.: 622 *Rolling drill*



Fig.: 623 *Frog walk drill*



Fig.: 624 *Leg cradle drill*

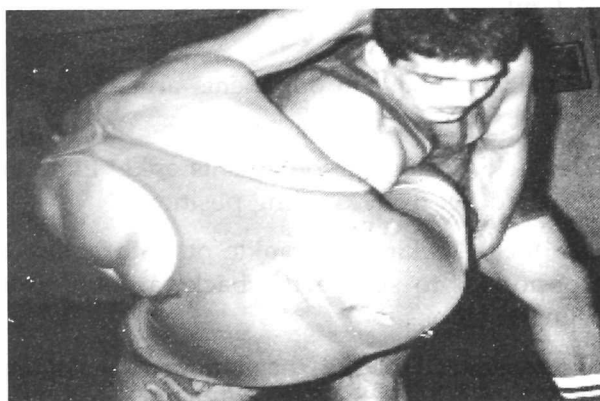


Fig.: 625 *Leg pick up drill*

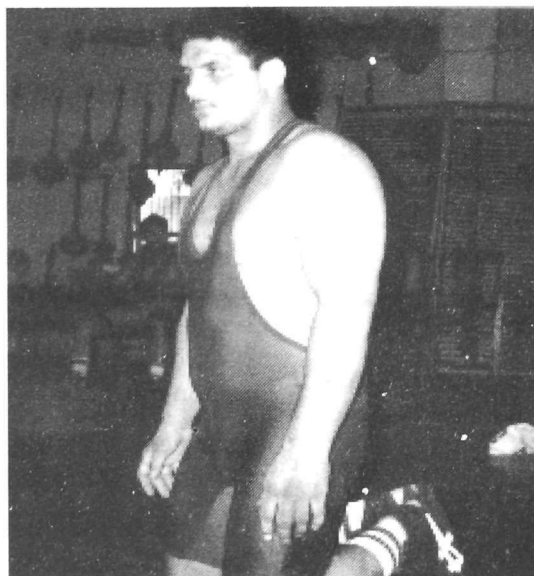


Fig.: 626 *Kneeling drill*

GLOSSARY

Arm drag: From face to face dragging the opponents hand sideways with both hands and controlling him from behind.

Arm bar: during standing switch hand upon crossing the opponents arm.

Arm hook: Hooking the opponents arm standing sideways.

Arm lock: Locking the opponents arms from face to face.

Ankle pick: Lifting the opponents ankle to secure a backward fall from kneeling position.

Ankle lock: Locking one ankle or both ankles of the opponent to secure the backward fall from kneeling positions.

Around swing: Holding the opponents wrist and thigh from underneath rolling up down by pressing.

Blocking: Strengthening hands up to his chest to block his hold.

Butterfly lock: A lock when you lock your arms by hooking you hands on waist of your opponents arm.

Bridge: Keeping himself in a arc or bridge position expecting the shoulders from lifting the shoulders from surface and resting upon head and legs.

Body press: Pressing the wrestler body for pinning purpose surpassing left hand upon back from armpit and neck lock by other.

Back spin: Taking a step behind the opponent holding his legs in reverse way, pin him backside.

Body over: To throw own body upon the opponent pinning him basing upon head and hands.

Back turn: Holding the opponent's upper portion tightly with both hands and pinning backward with pressure.

Back salto: To throw the opponent's backside in fall position making the body arc.

Buttock jerk: Lifting the opponent neck & arm from both hands lock throwing him in pinning position by action of buttocks.

Back drive: Controlling the opponent with waist lock driving him backside in pinning position.

Back roll: Pinning the upper opponent by rolling sideways.

Barat: Holding both thighs to the upper opponent slipping sideways to pin him.

Back leg drive: Fixing own leg right against the opponent's left leg from behind drive him downward.

Back jerk: Holding opponent's waist from behind snap down from jerk by pulling.

Collar elbow lock: Holding neck and arm of the opponent in both hands lock from face to face.

Cross body ride: Hooking one leg underneath opponent's leg and tilting body weight crosswise.

Cross face bar: To flatten the underneath opponent applying the hand bar crossing his face and holding his forearm of far side.

Colundun: When one face to face acts for leg tackle and pressed under opponents body pressure then he can apply colundun by locking his elbows by both hands and then roll sideways for pinning the opponent.

Escapes: Turning out from the control of the opponent are called escapes.

Double leg tackle: Tackling the opponent's both legs with sharp movement to pin him in front in standing face to face position.

Downward leg tackle: Tackling the opponent's leg in kneeling one leg & other standing to pin him down from face to face position.

Double ankle pick: Locking the both ankles of the opponent from sitting position face to face and picking up them surpassing the head in between the legs.

Duck under: From face to face position holding one side arm and lifting another side leg for off balance.

Back hit: Holding the opponent tightly in any position from face to face and hit him back by forward step with sharp jerk to pin him backside.

Backspin: When the opponent tackling the legs from face to face holding his leg in both hands grip throw him backward in a reverse spin.

Double grip leg trip: From face to face oversiezing his back with both hands, snap him down backward by sharp leg trip applying behind.

Double trouble: While holding the short hand lever of the underneath opponent lifting it up surpassing near hand on back form armpit and applying for hand as a bar pin him sideways by body pressure.

Dummy hold: While holding the opponent one hand in one hand and another in his far armpit from face to face pinning the opponent sideways like a dummy.

Double over hook arm lock: While in face to face position over hooking his both arms make a hands lock on the chest tightly and then one can apply and further hold.

Double under hook: From face to face surpassing both hands from the opponents armpits and holding lock on his back.

Fix Stance: Fixing the legs one step forward and another backside vertical on the soil or mat is called fix stance.

Fireman's curry: From face to face in kneeling position lifting the opponent upon the shoulders by holding one side leg and other side hand then throwing him sideways like a fire mans carry throw in pinning position.

Free Style: In 1905 during spring tournaments American collegiate Athletic Committee named the old soil wrestling oriental style to free style wrestling which was refined by new rules and as a result of that it was introduced in Olympic games.

Forward press drive: Holding the opponent from behind taking a step forward in between his legs snapping him down forward by pressure.

Flattening hold: Opening the downward opponent to make him flat for applying hold.

Front cross leg pickup: From face to face over hooking the opponents neck and pulling him far side ankle from kneeling position.

Fartak: Over hooking the neck of the opponent from face to face rolling him reverse holding his near thigh.

Flat ride: Holding the underneath opponent applying one legged ride, making him flat by tilting weight upon him and jerking forward.

File: Holding the ankles crosswise of the underneath opponent and then rolling him again & again upon his head.

Greco-Roman: Greco-Roman is the wrestling in which the parts of the body below the belt are not used which was introduced in Olympic games during Inter-Comulated games Athens in 1906.

Gut wrench: Rolling the underneath opponent in danger position for securing points locking his waist & himself insisting on bridge.

Grind Mill: Grind the face to face opponent holding his upper portion in both hands lock, tilting weight upon his back as straightening the legs behind taking round with him like a grind Mill.

Hands lock: Holding the opponent from both hands by any type of lock.

Hand bar: Applying hand bar when the opponent in face to face or underneath position to develop the hold.

High leg variation: Tackling the legs of the opponent and lifting him high from face to face position.

High sit out: Opponents wristlock from behind releasing himself from his hold by making a high bridge & then turning out.

Hook ride: Hooking & Tilting body weight upon the underneath opponent & sitting in such a position up his hips so that his thighs hooked by legs & hands by hands which oriental style hold.

Heavy salto: Holding the waist of the opponent from behind lifting him upside with a jerk making are throwing sideways either in pinning or flattening position.

Hand grapine: Graping the opponents elbow and holding the wrist from either in standing or underneath position to apply outer or inner leg trip.

Half Nelson: Holding the opponent's waist in underneath position & surpassing another hand from armpit upon his neck to secure a fall.

Head lock buttocks throw: From face to face holding the opponent in headlock with both hands and assuming him upon the buttocks falling him sideways by jerk.

Hook lock: Hooking one or two hands of the opponent to develop the hold.

Hips Jerk: Fixing the opponent upon the buttocks in any position and throwing him by jerk.

Leg Variation: Tackling the leg of the opponent either in sitting or standing position.

Leg pick up: Picking one leg of the opponent up by both hands.

Leg Jerk: Applying jerk upon the opponents leg easily to snap him down.

Leg bar: Applying own leg as a bar to develop any hold either in standing or sitting position (Scissor, Floating hold).

Leg Crush: Applying own leg on the opponent with sharp pressure for off balance.

Leg Hooking: Hooking the opponents leg in own leg either in sitting or standing position to develop the holds.

Leg Stretch: Stretching the legs forward or backward to block the opponents hold.

Leg Trip: Applying outer or inner leg trip upon the opponent either in sitting or standing position.

Leg hit: Hitting the leg of the opponent inner or outer leg either in standing or sitting position and then securing a fall by turning the face.

Leg Grapine: Grapining own leg in opponents inner or outer leg either in standing or sitting position and then securing a fall by turning the face.

Leg Scissor: Applying both legs crosswise up and down upon his legs like a scissor to fix him like a post and falling him by sharp jerk.

Leg Cradle: While holding waist by the opponent from behind holding his one leg from downward in between his legs & likewise pinning him backward with jerk.

Long arm Lock: While in sitting position pulling the far hand of the opponents under chest by both hands.

Long leg crotch: Using left as a bar when the underneath wrestler hold it, flat him sideways fall.

Leg Crush: Picking left leg up in between leg applying knee tap by right hand upon right leg and snap down.

Long Leg Crotch: Long leg crotch applying upon the hand of underneath wrestler and rolling him with turn to secure a fall.

Leg Cross: While in sitting position holding one leg up applying forward leg as a cross bar upon his another leg to pin him.

Leg sporting switch: To stop the opponents action by lifting his near leg from own leg hooking during sitting switch.

Leg & neck hold: Tying or locking neck & leg of the opponent in your both hands grip, one can pin the opponent backward by leg trip.

Leg twist: Picking the opponents leg up, one can snap him down by twisting.

Leg lift: Lifting the opponent's leg.

Lift: Lifting the opponent upward.

Monkey climb: Lifting himself upward by hands grip are by one on a leg during the reverse lift.

Movement Salto: Swinging the opponent sideways in Salto.

Neck pulling: Pulling the neck to take the opponent accordingly for hold.

Neck snap: To apply snaps by hands of the opponents neck for off balance.

Neck scissor: While sitting upon the opponent applying leg hook, titling weight crosswise, holding him far side in sarotha both hands grip to secure a fall.

Neck lever: Seizing the opponents neck in one hands reverse grip.

Neck lock: Locking the opponents neck softly by leg or hand.

Nelson: To apply Nelson by surpassing one or both hands upon the opponents neck from his armpits in sitting position to secure a fall.

Nelson lock: Applying both hands lock upon the underneath opponent to secure a fall.

Reversal: The hold applied upon the hold is called reversal.

Referees position: When a referee asks to take sitting position and another assumes the position to hold him upon the referees whistle.

Reverse spin: A hold applied by the opponent in a rolling reverse position when the opponent holding his legs.

Reverse ride: When the underneath rolls during the ride in other means upper, snaps him down & the downward wrestler assumes the position of upward.

Rolling hold: When the underneath rolling vertically upon the head grapining opponents hand & pinning him in up-down position.

Ride scissor: A opponent hooking both legs of the opponent by riding upon his waist and holding his both wrists.

Rolling fireman's curry: When a contestant rolls in fireman's curry and both full down in up-down position.

Reverse Salto: A Salto applied in reverse position from behind shifting the opponent upon buttocks.

Rakabi: From face to face holding his one arm and hitting from the other under armpit.

Ragging hold: When a constant runs from the mat ragging from flat position.

Ride: Riding the opponent either in sitting or standing position.

Rolling snap: Rolling forward or sideways with the opponents to secure a fall in up down position.

Reverse lift: While in face to face kneeling stance seizing the waist from one hand and lifting his one leg from one hand and another inside his thigh, pinning him sideways with a turn.

Standing switch: A switch applied from the standing position to release the hold.

Sitting waist lock: While sitting upon the opponent sideways holding his waist in both hand grip.

Sitting swing: Applying swing holding the upward opponent's wrist from one side & thigh from

another side & rolling sideways in up-down position to secure a fall.

Short arm drag: Pulling or dragging the opponent's hand sideways (right) and surpassing behind in sitting position.

Sitting lift: While in face to face when you have seized under the chest of opponent, grapining his both hands in reverse position and sitting down upon heels & paws throwing him rolling backward by lifting head up.

Shoulder drive: Controlling the opponent under your chest in face to face position and holding his both shoulders in tight grip snap him down by pulling.

Shoulder pull: Holding neck & shoulder in both hands grip hands grip pull down the opponent with jerk.

Scissors: Applying hand or leg crosswise upon the opponent legs to snap him down.

Sit out: To become out of control from the waist grip of the opponent by stretching the legs forward and making bridge taking a reverse turn.

Side roll: Rolling sideways with the opponent holding him tightly.

Short lift: Short lift is applied generally is oriental style. Holding the opponents weaven underwear from both sides by both hands lifting him up and snapping sideways. In free style one can lift the same in waist grip.

Side swing: While the opponent holding from behind. Hold his wrist crosswise and apply leg bar from another side turning the face to secure a immediate fall.

Side Salto: A Salto lift in which the opponent snap down sideways.

Step over: While from underneath step over upon the opponent like sitting upon a horse & ride him accordingly.

Standing guillotine: Hooking the opponent's leg and holding the another side hand grapine from behind & controlling him accordingly.

Sideslip: Slipping the upward wrestler sideways by grapining his hand by means of turning.

Shoulder lock: A grip upon the shoulders by both hands from face to face.

Standing fireman's curry: Lifting the opponent upon the neck by holding one hand and leg of the same side and then taking continuous turns.

Single leg pick: Lifting one leg up holding from both hands from faces to fact positions.

Single scissor: From face to face applying neck lever from one hand holding hand from another and grasping inner leg, taking turn.

Short arm lock: While sitting upon the wrestler holding his wrist bending his hand in a right angle.

Short switch: Turn out from underneath position by fixing arm upon arm and surpassing own hand in opponents thigh a make a lever.

Switch swing: While holding short lever from the upward wrestler surpass his another side wrist rolling sideways.

Short lever: Holding hand of the opponent from upward position.

Short crotch and far side wing: Shorts crotch from left hand crossing the opponent apply Nelson by another hand.

Side turn: From face to face holding the arm of the opponent tightly twisting it by turning round, holding his waist from behind.

Salto Position: Holding the opponent from behind clinging the chest with his buttocks.

Side whizzer: Hooking the opponent arm from sideways holding the another hand.

Snap down: Dropping down on the surface.

Body lock: Holding body from behind or front in hands lock.

Suck-Buck: Pulling the shoulders of the opponent backward from behind when he is sitting upon the buttocks stretching the legs forward.

Outer leg trip: Over hooking the arms of the opponent from face to face applying right leg as a trip outside his right leg & turning the face while pinning the opponent.

Opposite rolling: Rolling in contrary position.

Over head drags: Pulling the head of the opponent by overhead drags by hands continuously.

One legged ride: Hooking the near leg surpassing upon his body.

Outer duck under: From face to face positions holding one arm from one hand and gripping outer thigh from another from far side lifting the leg taking turn to pin him.

Opposite arm hook hold: From face to face position hooking his arm in reverse from downward to upward.

Over drop Nelson: From face to face pressing the head down surpass the right hand upon his neck reverse from the armpit & roll the opponent sideways for pinning.

Outer slip: While sitting downward the opponent holding hand wrist applying outer leg trip.

Opposite lock roll: Lifting the opponent in reverse way.

Olympic style: A style which is in action in Olympic games.

Over hooking: Hooking neck or any part in a complete circle.

Pushing hold: Pushing the opponent holding neck & shoulder in hands grip.

Pulling hold: Pulling the opponent holding neck & shoulder in both hands grip.

Pressure snap: From face to face binding the opponent backward with pressure by hand snap or neck and another outside thigh other side.

Post: Fix the opponent in a standing position holding the grip.

Primary attack areas: The parts & areas of the body for attack.

Pummeling: Moving the opponent for application for holds.

Takedown: The holds to snap down the opponent.

Two in one lock: Holding one hand by both hands.

Tight hold: From face to face holding the opponents upper portion tightly existing the hands lock backward.

Tie up position: Holding by each other wrestler in standing position.

Throat trouble: In face holding each others arms and one hand on the throat crossing arm.

Turning hand bar: Holding each other hands fact to face using hand bar inside or outside thigh to secure a fall.

Throat lock: While face to face over locking the neck by one hand.

Twisting hold: In standing face to face holding neck & arm in both hands lock on backside, twisting him sideways fall by turning the face.

Thigh push: Picking a leg up by both hands applying hand bar on thigh and snap down.

Under hook: Hooking the opponent's arm from downward.

Under leg tackle: Holding both legs in the standing position from face to face.

Under arm sweep: While from face to face placing one hand up on neck surpassing to back side under arm and holding his waist from behind.

Wedge: Face to face standing tip up position.

Encyclopedia of **WRESTLING**

TECHNIQUES, EXERCISES, FITNESS AND HEALTH EDUCATION

Dr. Harphool Singh

THIRD EDITION

The Encyclopaedia of Wrestling is a revised edition of my previous book Modern Wrestling (Adhunik Mallyuddh) as I have received the National reward and appreciation letter from Hon'ble Mr. Milan Ercegan the FILA President during Atlanta 1996. The matter of this book have been extended up to 416 pages from 273, pasting new photographs, with the up-to-date International Wrestling Rules booklet of FILA & FIWA (newly formed body). As the book contains the topics such as; Health for lay people-health and fitness, How to become an Olympian Wrestler? Practice-Natural and Scientific Exercises, Balance Diet, Proper Rest, Competitions, National and International Wrestling, World History of Wrestling and various types of combats of the globe, Automatic Exercises for the wrestlers and recreational games, reducing fatness, weight control, warming up and cooling down, injuries of wrestling 500 National and International holds of Free Style, Greco-Roman and Oriental Style Wrestling, holds drill, immetation, Psychology and career of the wrestlers and so on.

I hope this book will prove useful for the world wrestlers, referees, coaches, health lovers, and lay people whose valuable suggestions are always awaited.

Rs. 2000/-



The author of the book **Dr. Harphool Singh** is retired Chief Wrestling Coach of Delhi Directorate of Education where he raised some 240 National School Champions by securing 23 runners & winners trophies. Moreover he produced some other games champion players as he himself has been a all round player and twice National Champion. He represented India in Pakistan 1985, Indo-Russia Test 1985, Atlanta Olympic 1996, Sedney Olympic 2000 and was greeted every where. He wrote some dozen books on wrestling and received National and International award. He was welcomed during the Indian fairs and championships due to his outstanding wrestling coaching results and produced many International wrestlers. He has been a National and International Referee Judge for almost 30 years. He prepared video films of soil wrestling to encourage the youngster boys & girls and established Wrestling Association of India (Oriental style) for the quick development of soil wrestling to stage it on International level. On the occasion of Sedney Olympic his book Encyclopedia of Wrestling is being released alongwith the photostat copy of its Hindi edition—Mall Shastra.

ISBN 81-7141-622-5



DISCOVERY PUBLISHING HOUSE

4831/24, Ansari Road, Darya Ganj, New Delhi-110002 (India)

Phone: 3279245 • Fax: 91-11-3253475

web : www.dphindia.com

E-mail : dphtemp@indiatimes.com